



Hello, everyone. I hope you all weathered the recent snowstorm well; I couldn't believe how much snow we got. I actually had to shovel my driveway about six times last weekend, and my back is still feeling it. In the midst of this cold weather, I'm sure you all have been trying to eat some warm, hearty meals. What is your go-to dish on a cold winter day? For me, ever since I was young I have enjoyed a dish called "chili," a kind of stew. Chili is a dish that was born in southern America, mainly in Texas, and has now achieved popularity across the whole continent. There are many styles of chili, and no one style is correct, but most are tomato-based and contain a lot of beans and meat. Would you like to try some? The ingredients are quite easy to obtain, even in Japan.

## Jeff 先生と **Let's cook!** Chili



Serves: 8-10

Tomato Puree	3 (canned/boxed)
Diced Tomatoes	1 can
Corn	1 can
Soy Beans	1 can
Kidney Beans	1 can
Onion	1 medium-large
Any ground meat	300 grams
Eringi	1 package
Green Pepper	4 small
Chili Powder	3 Tablespoons
Ground Garlic tube	2 – 3 cm (to taste)
Cumin	Pinch
Oregano	Pinch
Salt and pepper	To taste

### Directions:

- ① Cut the eringi and green peppers into bite-sized pieces
- ② Mix all ingredients but the onions and meat into a pot and apply medium heat, uncovered
- ③ Slice the onions, then heat the onions and meat together in a separate frying pan.
- ④ When the meat has been cooked, remove excess grease and mix into the pot from ②.
- ⑤ Heat for 15 minutes uncovered, and adjust the balance of the spices to taste.

### Tips :

Be sure to leave the pot uncovered, as this will burn easily. If the taste seems too thin, first add more chili powder. If you don't like your food very spicy, you could also add consommé or your preferred dashi.

From looking at the picture, you might think that chili has a ketchuppy taste to it, but that's not at all the case. Chili has a very rich, unique taste from the blend of the spices and seasonings. If this has piqued your curiosity, how about putting chili on the menu at your house this month? Until next time,

- Jeff

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