

Dragonheart Chili

A very flexible and easy chili recipe for Feast of the Red Dragon. Recipe contributed by Leo.

Ingredients:

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| 1 LB | Choice of protein: suggestions include ground meat/s, tofu, tempeh, etc |
| 2 jars (16 oz) | Salsa of your choice (Total volume should equal approx. a pint) |
| 2 cans (16 oz) | Prepared 3 bean salad, with juice (Total volume should equal approx. a pint) |
| 1 packet | Red Dragon Chili Seasoning |

Special Equipment Needed: a tool for slow cooking. A slow cooker like Crock Pot or InstaPot with a slow cooker feature works well. The best way to dirty less dishes, in my opinion; is an old fashioned cast iron cauldron or Dutch oven. Only use a food safe cauldron.

Method

1. Protein: brown until almost fully cooked. If using an electric slow cooker with no saute setting, use a separate skillet on the stove. If using a slow cooker with a saute function or a cast iron cauldron, brown at bottom of the pot or cauldron.



If plant based: use a little oil

If meat: drain excess fat at the end, but leave a little for flavor; a few tablespoons worth.



2. Packet of Red Dragon Seasoning: you can add the whole thing now, but my chili cook-off award winning tip is do half now. Simmer the spices in the fat. If you are cooking this in a separate skillet, add the skillet ingredients to the slow cooker now.

3. Salsa, three bean salad: add these to your slow cooker/cauldron.

If using a slow cooker: give everything a stir, place the lid. Cook on high for approx. 2 hours.

If using a cauldron: put heat to about a medium, give a stir. Heat chili through. Place lid, put heat on stove about medium low. Wait a few minutes, then check to see if you can hear it cooking inside: the lid should have a soft rattle. If you have hearing difficulties: the lid will look still, but you can put an oven mitt on the lid, and you should be able to feel a soft, subtle rattle. The lid will be too hot to handle by hand as well. Once you have this, cut the heat down to low, and let it simmer for an hour or two with the lid on.



In both cases: **DO NOT REMOVE THE LID** until you think it's done. Both do not need to be stirred while the lid is on.



4. Once cooking time is over, remove the lid, cut the heat. If you started with a half packet, add the rest now, stir it in.

5. Serve and enjoy the feast!

VARIATIONS:

Other vegetables and proteins can be added; like corn, mushrooms, fresh garlic, etc.

Your own herbs and spices can be added. Rule of thumb - careful with salty ones as the packet has salt. Spices often do better at the beginning, dry herbs last 15 min of heat. Fresh herbs do better at the very end.

Sausage out of the casing makes a great protein for this recipe.

Good on its own; great with rice, pasta, or nachos. Cheese is a popular topping.

Chunky salsa can give the chili some texture, and the heat of the salsa can also be used to adjust spiciness further.

For that *Extra Witch*: cauldron style can be done over a campfire.

