

Chile con Carne

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Years ago, when I was a student at New Mexico State University subsisting on the \$2.45 an hour I was paid to be a security guard at the college's research laboratory, the variety in meal choices was pretty slim. One thing that always did the trick was a large pot full of chile. It would last several days and, if ground beef happened to be on sale at Safeway for three pounds for a dollar, it would be quite economical.

Ingredients:

- One or so pounds of ground beef, preferably 80/20 so it's nice and moist.
- One or so pounds of hot Italian sausage (if links, remove the meat from the skins)
- 24 or so ounces of canned crushed or diced tomatoes
- Two large diced onions
- Two or more tablespoons of garlic
- Two or more tablespoons of chile powder
- Two or more tablespoons of cumin (comino). (This is the secret ingredient)
- One or more cans of cheap chile beans

Directions:

In a large pot or dutch oven, fry up the beef, sausage, onions, garlic, chile powder and cumin. Chop up the meat well while it's cooking so individual hunks of meat are no larger than ¼ inch.

When meat is finished cooking add tomatoes.

Stir and continue heating until boiling, cover and reduce heat to simmer.

Cook for 15 or so minutes.

Open can or cans of beans and heat them separately. Don't cook the beans with the chile. They'll get mushy.

Serve chile in bowls. Add beans to portions of those who want them.