

12-05-2009 : I've updated this recipe to include the latest tips. I highly recommend the Poblano pepper addition to this chili. For vegetarians, this recipe is even easier if you use soy crumbles instead of the meat because you don't have to precook the crumbles or drain any fat.

...and now, without any further ado, I present to you, dear reader, the best chocolate chili you will ever eat,

# ED'S WORLD FAMOUS CHICAGO COCOA CHILI !!!

## HARDWARE :

**One DEEP DEEP cast iron pot with cover**

I use a big "la creuset" type 7 qt or larger cast iron pot.

**Wooden Spoon or Wood Spatula for stirring**

I use a flat wooden spatula, it RULES!

**Good Sharp Knife to chop veggies**

ever try to chop veggies with a dull knife?

**Some type of Can-Opening Device**

**Something to smash garlic**

I use a marble tile sample

**A Big Soup-Type Ladle**

for serving, stirring, and skimming off extra fat.

## SOFTWARE :

### MEAT

**2 lbs of ground beef**

(you can actually use any ground meat combination, turkey, chicken, italian sausage, etc., or use frozen soy crumbles for vegetarian chili)

### VEGGIES

**1 medium or large sweet yellow onion**

(vidalia, oso, etc.), chopped/diced

**1 sweet bell pepper (any color), chopped/diced**

**Note:** You can substitute frozen veggies for those listed above.

(I use one package of the "Pictsweet" brand "seasoning mix" plus one half bag of frozen onions)

**One bunch (about 10) green onions, chopped**

You know - those long thin onions that people think are chives.

**2 stalks of chopped celery**

**1 carrot, chopped or diced**

**2 jalapeño peppers, sliced and/or diced**

remove the seeds and membrane from one of the jalapeños.

For a small bit of heat and flavor, add a Poblano pepper.

**Need more heat?**

Add more jalapeños, or use habanero or cherry peppers.

I also highly recommend garlic pepper flavor tabasco sauce.

## SOFTWARE CONTINUED:

**2 - 28oz cans of crushed tomatoes**

I prefer "Dei Fratelli" brand, but any tomatoes you like are fine.

**1 small can of tomato paste**

**4 to 8 cloves of garlic, smashed silly**

## SALT, PEPPER, SWEET AND SOUR

salt and pepper

(a few shakes here and there can't hurt)

1/4 cup Mr & Mrs. T Sweet & Sour mix

(a lemon/lime liquid used in mixed drinks)

1/8 cup orange juice

1/8 cup lime juice (or squeeze a fresh lime)

1/8 cup lemon juice (or squeeze a fresh lemon)

a few pieces (1-2 oz.) of dark or bittersweet chocolate

## THE KILLER COCOA CHILI SPICE MIX:

**Make ahead of time and store in an airtight container.**

1/2 tsp salt

1 tsp black pepper

1/2 tsp Cayenne pepper

1/2 tsp Ancho chile powder

1 tsp cumin

1 tsp thyme

1 tsp basil

2 tsp oregano

1 tsp Hungarian paprika

2 tsp Mexican chili powder

2 tsp garlic powder

1 tsp onion powder

2 tsp dried parsley

1 tsp dried cilantro

1/2 cup brown sugar

1/2 cup cocoa powder

**Most of these ingredients are approximate.**

**Seasonings must be to taste; you're aiming for the perfect balance of SWEET, SOUR, SALTY and SPICY.**

The Killer Cocoa Chili Spice Mix is ©2001-2009 Edward Heller

You may use this recipe and spice mix for your personal use, but if you make money from this chili recipe or spice mix, you better send me some ! (money, that is.) Eddie needs a new pair of shoes!

## HAVE FUN! EAT CHILI DOGS!

Now go to the next page so you can make the chili.

# THE DOWN AND DIRTY:

AKA "How To Make Ed's Chicago Cocoa Chili, the best chocolate chili on the planet."

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## CHOP ALL THE VEGGIES UP BEFORE YOU START ANYTHING ELSE

Keep the garlic separate from the other veggies and have your spice mix ready to go

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1. Inside a REALLY BIG, REALLY DEEP cast iron pot on **HIGH HEAT**, Brown the ground meat.  
You do not need to completely brown the meat, because it will continue to cook in the pot.  
Season lightly with salt and pepper.
2. Drain off (or use the ladle to take out) all but about 2 tablespoons of the excess fat ,  
You need that 2 tablespoons to cook the vegetables.
3. Reduce the heat to **MEDIUM/HIGH**. Use your wooden spoon to push the meat to one side of the pot to make space to fry the vegetables.
4. On the empty side of the skillet, Add the onions and the jalapeños,  
then add all the rest of the vegetables.  
Sauté the veggies for a few minutes and season the veggies lightly with salt and pepper.

Try to get the veggies on the bottom of the pan, and the meat on top of the veggies.  
This way the meat doesn't burn and the veggies get cooked.

\*\*If you're freaking out about this, just take the meat out first (put it in a bowl),  
add the veggies to the bottom of the skillet , then add the meat back on top.  
I'm just trying to keep this a ONE-POT cooking experience.

5. Make a little space on the bottom of the pan and add the tomato paste.  
Don't worry if you can't get the entire contents of the can out.  
Cook the paste for a minute, then mix everything in the pot together.
6. Add the crushed tomatoes.
7. Stir in the **KILLER COCOA CHILI SPICE MIX**  
Keep stirring, keep a very slow boil or a simmer.
8. Add Lemon, Lime and Orange juice, and Sour Mix.  
Add Chocolate pieces.  
Wait a minute for the heat of the chili to melt the chocolate, then stir it in.
9. Keep stirring and heat to a slow boil.  
If the chili is too thin, you can add some kind of thickening agent,  
like a teaspoon of corn starch dissolved in water.
10. **TASTE IT!** (something not right? Fix it!) Not sweet enough?- add a little more brown sugar.  
If it's not salty enough, add a little more salt. Not hot enough for ya? Add more hot peppers  
or a splash of tabasco hot sauce.
10. Set the heat to LOW. Partially cover and simmer for about 5 - 10 minutes.
11. **TURN OFF THE HEAT.** Congratulations! You now have the best chili on the planet.  
You can keep this chili covered in the pot for a few hours or transfer the chili to a crock pot.

Makes about 6 qts of chili. (a whole mess-o'-chili!)

Serves 10-20 people, depending on their appetite.

Serve with shredded sharp cheddar cheese and fritos corn chips.

Prep Time: approx. 30 minutes (this varies depending on your cooking skills and shortcuts)

Cook Time: approx. 30 minutes

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# Chili Tips and Other Stuff

## STORING THE CHILI:

I like to put the chili in those Ziploc-type disposable/reusable containers.

You can refrigerate or freeze the chili in them really easy.

The chili reheats very well in the microwave.

Refrigerated chili is probably good for a week or two.

It shouldn't last that long. It's too darn good!

Frozen chili is probably good for months.

The chili defrosts in about 2 days if moved from freezer to refrigerator.

## AWESOME CHILI DOGS!

Use all beef hot dogs like Vienna Beef , Klement's, or Nathan's.

Other hot dogs do not deserve this chili.

## NO BEANS? WHAT GIVES?

As a big fan of chili, I've discovered that it's origins do not include beans.

A wise man once said "Anyone who knows beans about chili, knows that chili ain't got no beans!"

Beans were added later, probably because beans are cheaper than meat or out of sheer confusion between chili and baked beans. BEANS ARE FREAKIN GASSY! I don't like gassy chili, and I'd hope you don't either.

If you REALLY MUST HAVE BEANS,  
you can add a can of them to this recipe, it won't hurt the chili.

## VEGETARIAN OPTION:

You can substitute those frozen soybean crumbles for the meat, which works very well with this recipe, but then remember to make sure you add some type of oil to fry the veggies.

## IF YOU LIKED THIS RECIPE, TRY MY "GARBAGE COOKIES"!

My Garbage Cookie recipe (and other recipes) is available on the web at:

[www.edheller.com/recipes.htm](http://www.edheller.com/recipes.htm)

## ALSO, YOU CAN READ ABOUT MY OTHER CULINARY ADVENTURES ON MY BLOG:

[virtualcheeseburger.blogspot.com](http://virtualcheeseburger.blogspot.com)