

Hawk Hill Chili - *a bit more time in preparation but worth it*

About 30 minutes prep time and 1-2 hours cooking time

In a large frying pan place 2 TBSP Vegetable oil

2 Medium onions - chopped medium

2 or more cloves garlic - sliced thin

Saute in oil until translucent

Add 1- 1.5 lbs lean beef and coarsely break up but don't brown

Add 1 cup milk and continue to break up beef until it is evenly cooked and most of the liquid is gone

Add:

1 tsp - 1 TBSP chili powder to your taste

1 tsp ground cumin see

1 tsp - 1TBSP mesquite seasoning mix to your taste

1/4 tsp - 1/2 tsp hot pepper to your taste

Transfer to a Dutch oven

Chop two stalks celery

Slice 2 cups mushrooms

Chop 1 red or other coloured pepper

Saute these vegetables until soft in the original frying pan with enough oil to prevent sticking

Add to beef mix

Add to beef mix:

1 large can whole tomatoes

2 TBSP tomato paste

1 large can of mixed bean (kidney, pinto, soldier, chick pea)

Bring gently to boil and then simmer for at least one hour until it thickens

Serve with fresh bread, corn bread or rolls.