

No Chop Goat and Vegetable Chili

By Catherine Ellison

Serves 10

Approximate Calories per serving: 222

Some days, even chopping onions is just too much trouble. But that doesn't keep me and my family from enjoying a healthy and delicious meal. This is a variation on the Goat and Vegetable Chili recipe; it should taste very similar. It is also perfect for days when you are not sure what time dinner will be served, since it gets better the longer you cook it.

Ingredients:

- 1 lb ground goat
- 2 10oz packages of frozen onions
- 2 10oz packages seasoning blend
- 1 lb frozen vegetable mix containing bell peppers (I use Bird's Eye Pepper Stir Fry)
- 2 10 oz packages pre-chopped fresh mushrooms
- 10 dashes Tabasco or similar sauce
- 1 tablespoon Sriracha hot chili sauce (rooster sauce) or similar sauce
- 3 tablespoons garlic salt
- 4 14.5 oz cans diced tomatoes
- 2 15.5 oz cans black beans, drained and rinsed
- 4 tablespoons tomato paste
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon Mexican oregano
- 1 teaspoon salt
- 20 grinds pepper

Cooking tools

- 1 large saucepan with lid
- Spatula or spoon

Brown goat in saucepan on high heat, breaking up with spoon or spatula until crumbly, 5-10 minutes. Drain off any fat.

Add onions, seasoning mix, bell peppers, mushrooms, Tabasco, hot chili sauce, and garlic salt. Cook on high heat until the vegetables are thawed (a good way to tell is that the onions become clear), about 10 minutes, stirring every minute or so.

Add canned tomatoes (entire contents of all cans), beans, tomato paste, chili powder, cumin, oregano, salt, and pepper. Stir mixture together and allow to come to a boil.

Reduce heat to medium high, cover, and cook for one hour, stirring occasionally.

The chili is now ready to eat, but the longer you cook it, the better it gets. If you have more time, remove lid and cook on medium to low heat, stirring every 15 minutes, until time to serve.