

Mel's Short Rib Chili

INGREDIENTS

- 1 ½lbs chopped short ribs (don't use hamburger)
 - 1 large onion chopped fine
 - Tablespoon spoon olive oil
 - 4 cloves of garlic minced
 - 3 ribs of celery chopped fine
 - 2 tablespoons chili powder
 - ½ teaspoon salt
 - 2 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - ¼ teaspoon cayenne pepper
 - 1 (28 ounce) can diced tomatoes
 - 1 (6 ounce) can tomato paste
 - ½ teaspoon red hot sauce
 - 3 jalapenos peppers diced fine with seeds removed
 - 1 teaspoon sugar substitute
 - 1 cup beer
 - ½ cup dry sherry
 - 1 teaspoons garlic powder
 - 1 teaspoon onion powder
 - 1 cup shredded (cheddar or Mexican mix)
 - ½ cup sour cream
 - 3 chopped scallions
- Optional: add a chopped habanaro pepper if you like a bit more heat.**



DIRECTIONS

1. Cook short ribs in large frying pan with oil, onions, garlic, peppers, & celery.
2. While cooking, stir beef frequently to ensure even browning
3. Continue cooking for about 7 minutes or until the meat is brown and cooked through and onions are translucent
4. Transfer to large pot. And add canned tomatoes (juice and all), the tomato paste, Splenda , sherry and beer.
5. Stir well and bring to a boil.
6. Lower the heat to medium-low and simmer, uncovered, for 30 minutes, stirring occasionally.

Top individual bowls of chili with a dollop of sour cream and a generous sprinkle of cheese and chopped scallions