

The Best Darn Chili

By Tracy Lauth

Makes 6 quarts



Ingredients and Instructions

White Beans

- 1 lb. Dry Small white kidney beans (aka cannelloni beans)
1. Soak beans in salted water overnight in refrigerator
 2. Remove from refrigerator and bring to a boil over medium heat until al dente (cooked through but not tender)
 3. Approximately one hour.
 4. Drain and set aside

Shredded Pork

- 3 lb. Boneless Pork Shoulder
- 4c +/- Chicken Stock – Preferably homemade
- 1 White Onion
- 2 cl Garlic

Pork Instructions

1. Add rough chopped onion and smashed garlic cloves to bottom of instant pot
2. Place meat over top (you may trim the fat if you prefer)
3. Cover roast with chicken stock
4. Pressure cook in Instant Pot for 90 minutes or crock pot for six hours until meat is tender and shreds easily
5. Remove meat, strain, and reserve stock
6. Shred meat and set aside

Chef Tracy Lauth is the leader in the food lifestyle revolution promoting a healthy relationship with everything food. Visit ChefsBestCo.com for recipes, videos, and more on your journey to a healthier you.

Chili Sauce

- 4 c +/- Meat stock
- 1 29 Oz can Organic Tomato Sauce
- 1 29 oz can Organic Tomato Diced
- 1 medium White Onion chopped ¼ inch pieces
- 2 T [Blackening Spice](#) (see below)
- 1 t Coarse Sea Salt
- 1 t Fresh Cracked Pepper
- 2 T [Unsweetened Cocoa Powder](#)
- 1 T [Espresso Powder](#)
- ½ t Sugar (Use [Golden Monk Fruit](#) for a healthier sauce)
- Shredded Pork
- White Beans

Chili Sauce Instructions

1. Add everything to Instant Pot and set to pressure cook for twenty minutes careful not to burn the beans
2. Add salt and additional blackening spice to taste
3. Slow cook until beans are done if needed

Blackening Spice Mix

Makes 1 cup

Ingredients

- 1/4 c Smoked Paprika
- 2 T Granulated Garlic (Not Garlic Powder)
- 2 T Granulated Onion (Not Onion Powder)
- 1 T Black Pepper
- 1 T California Chili Pepper
- 1 T Cayenne Pepper
- 1 T Ancho Chili Pepper
- 1 T Chipotle Chili Pepper
- 1 T Chili Powder

Store extra spice in airtight container in cool dark place

Use for soups, stews, vegetables, anything you want a little added flavor. Use less of the blend for added flavor and more for heat

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