

## **Japanese Style Chili**

Recipe by: Yui Takeshita

See accompanied video for details and tips.

## **Ingredients**

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### ***Base***

- 1 large onion
- 2-3 Jalapenos
- 5-6 garlic cloves, minced
- ~1 inch ginger, grated

### ***Spices/Seasoning***

- 4T Shoyu (soy sauce)
- 2T Mirin (Sweetened Sake)
- 2T Miso (red or white, either is OK)
- 6 oz Tomato paste
- 28 oz Canned whole peeled tomatoes (one of those large cans)
- 2T Chili powder
- 1T Cumin
- 1T Oregano
- 1T Cayenne pepper (optional depending on heat preference. Can increase as desired)
- Salt and Pepper to taste.

### ***Protein***

- 1-2 lb Ground Pork (adjust to your liking)
- 2 cans Beans of choice. Kidney, pinto, black, cannellini, ...
- 12 oz Frozen shelled edamame, cooked

***Example vegetable list*** (adjust to whatever you want. More will fit than you think!)

- 2 zucchinis
- 2 Broccolis
- 1 Medium to large bell pepper
- 8 oz Mushrooms

### ***Dashi***

- 1 piece Konbu (dried kelp)
- 1 C Bonito flakes

## **Preparation** (see video for details)

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### *Dashi*

1. Heat ~1 quart of water on low/medium low heat. Add konbu. Do not bring to a boil!
2. Remove konbu right before it starts boiling. Add bonito flakes, and boil for ~15 seconds. Cut heat, and set aside.

### *Chili*

1. Make golf size meatballs with ground pork.
2. Cook on medium to medium-high heat for ~4 minutes until one side is golden brown and crispy.
3. Flip meatballs around, and cook for another ~4 minutes to form crust on other side. Remove meatballs.
4. Immediately add onions, garlic, ginger, and Jalapenos. Cook on medium heat for ~5 minutes until onions are semi-translucent and fragrant. Stir occasionally to prevent garlic from burning
5. Add tomato paste, mix well, and cook for another 4 minutes.
6. Once paste mixture dehydrated a bit, add the ingredients in the 'spices and seasoning' list above. Mix.
7. Add canned tomatoes (crushing them with your hands is the easiest. You can blend them too), and meatballs. Crush the meatballs with a potato masher.
8. Add beans (not the edamame yet). Add dashi through a strainer. Mix.
9. You can add vegetables here. Or, can pan fry them separately (see video). In total, simmer for ~45 min. If you cook vegetables separately, add them in with ~15 minutes to go.
10. Add frozen edamame, stir, and cut heat.
11. Enjoy! Pro-tip: Try this chili over a bowl of rice. I promise it will not disappoint.