

Competition Chili

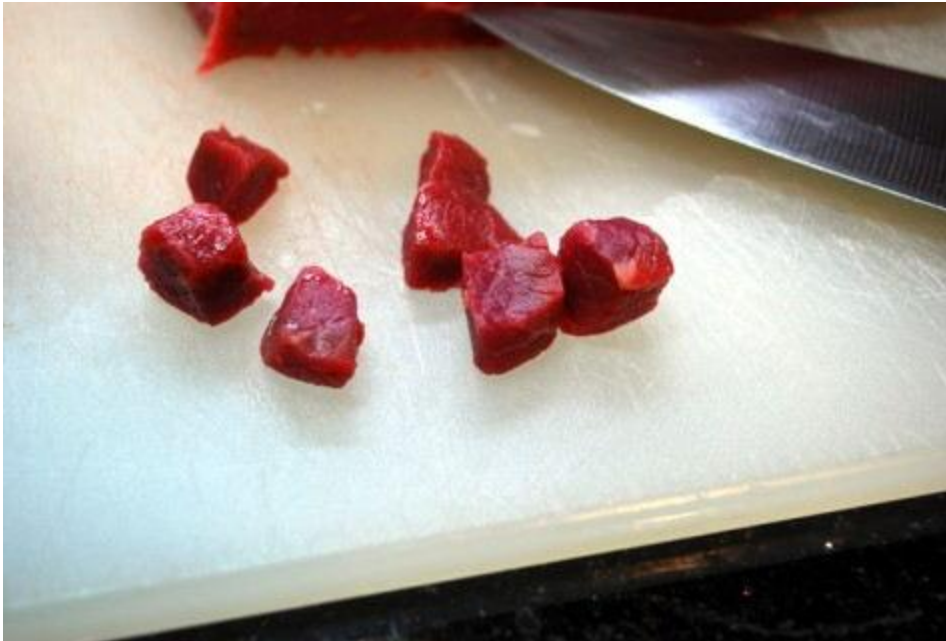
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I have always wanted to enter into a chili competition but never had the time. So I decided I would make a nice competition chili at home to see what the differences are between it and normal chili. For one, Competition chili does not have beans. It can not have any fillers such as noodles or rice. It has to be meat, seasonings and that is about it. So I made a batch and Dana loved it. Even though it was a little spicier than she normally likes, it was a hit. If you like chili you will have to try this out!



Trimming the Meat

I purchased a beef chuck roast. I then proceeded to cube it into 1/4-1/2 inch cubes. The more uniform the size the better. Make sure to trim the meat to remove all of the fat and connecting tissue.



As you can see the cubes are small and this step is quite time consuming.



But it is necessary for the best results.

The Dump

In a small bowl combine the Chili Powder, Cumin, Onion Powder, Garlic Powder, Salt, White Pepper, Cayenne Pepper, Oregano and Bay Leaf. Mix together and then split into three equal portions (called dumps). It is funny I know.



The Beef

In a heavy based dutch oven or stock pot, heat the pan over medium heat. Add the vegetable oil and then toss in the beef.



Once the meat is browned, add the Franks Red Hot, tomato sauce, beef base and enough beef broth to cover the meat. It may not take the whole container.



Cover and simmer for an hour.

Layering the Spice

Add the first portion (AKA the first dump) to the pot, stir. Add more beef broth if the meat is not fully covered. Cover and cook for 1 hour.



Add the second portion (AKA the second dump) to the pot, stir. Add more beef broth if the meat is not fully covered. Cover and cook for 1/2 hour.

Add the final portion (AKA the final dump) to the pot, stir. Cover for 15 minutes and the chili is ready. Serve straight up and enjoy.

This chili was awesome! Dana hates spice, but she said that this chili was the best! It is the perfect balance of awesome flavor and spice.

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A hearty chili that is a perfect base for competition

Servings: 8

Author: Rex

Ingredients

- 3 pounds trimmed Beef Chuck cubed into 1/4-1/2 inch cubes.
- 2 tbs Vegetable Oil
- 32 oz Beef Broth low sodium
- 1 tsp Franks Red Hot
- 8 oz can Tomato Sauce
- 5 tbs Chili Powder
- 2 tbs Beef Base

- 1 tbs Onion Powder
- 4 tsp Cumin
- 2 tsp Garlic Powder
- 1/2 tsp Salt
- 1/2 tsp White Pepper
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Paprika
- 1/4 tsp Black Pepper
- 1/4 tsp Oregano
- 1/2 Bay Leaf Crushed

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2. In a small bowl combine the Chili Powder, Cumin, Onion Powder, Garlic Powder, Salt, White Pepper, Cayenne Pepper, Oregano and Bay Leaf. Mix together and then split into three equal portions (called dumps). It is funny I know.
3. In a heavy based dutch oven or stock pot, heat the pan over medium heat. Add the vegetable oil and then toss in the beef.
4. Once the meat is browned, add the Franks Red Hot, tomato sauce, beef base and enough beef broth to cover the meat. It may not take the whole container.
5. Cover and simmer for an hour.
6. Add the first portion (AKA the first dump) to the pot, stir. Add more beef broth if the meat is not fully covered. Cover and cook for 1 hour.
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Recipe Notes

Tips

Splitting the spices up into three separate dumps allows you to layer the flavor. It keeps the punch in the chili.

Also only adding enough broth each time to cover the meat keeps the potency up and allows the flavors to effectively permeate the meat. So, I know it sounds easier, but don't add all of the broth at the beginning.

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