

Cooking Corner Tips To Help You

A “Chili” Night Calls For A “Bowl of Red”

(NAPSA)—Ever since chili was first written about in 1828, there has been an endless search for the best “bowl of red.” The key question is “with beans” or “without beans”? A recent Gallup survey about chili eating habits in America, conducted on behalf of *Hormel*® Chili, offers a bit of insight. The survey reveals that 82 percent of adults feel that the key formula for chili is “meat *with* beans.”

What is the most popular finishing touch for chili? Cheddar cheese is the clear favorite, with 47 percent of people adding this topping to their chili. Looking at the different regions of the country, crushed tortilla chips or crackers are a hit in the South and Midwest, preferred 25 percent and 24 percent, respectively. Sixteen percent of the West likes to finish off a “bowl of red” with onions.

When asked how they like their chili, more than half of all adults surveyed said “hot and spicy.” One-third opt for “mild,” while 11 percent prefer a “sweet and tangy” taste. So when the mood for chili strikes, you can try a recipe likely to please your entire bunch—one that is both spicy *and* tangy.

Tangy Chicken Chili

- 3 skinless, boneless chicken breasts, cut into one-inch pieces**
- 1/3 cup white wine vinegar**
- 2 tablespoons *House of Tsang*® Soy Sauce**
- 4 cloves garlic, minced**
- 2 bay leaves**



- 1/2 teaspoon ground red pepper**
- 1/4 cup water**
- 1 (15-ounce) can *Hormel*® Chili with beans**
- 1/4 cup shredded cheddar cheese**

To begin, place chicken in a large, shallow dish. Combine vinegar, soy sauce, garlic, bay leaves and ground red pepper. Pour mixture over chicken, tossing to coat. Cover and refrigerate four hours, stirring occasionally. Transfer chicken and marinade to heavy skillet, add water and bring to a boil. Reduce heat and simmer, uncovered for 10 minutes, stirring occasionally. Remove chicken and set aside. Bring liquid to a boil, uncovered, until reduced to 1/2 cup. Stir in chili and chicken. Simmer until thoroughly heated. Serve in bowls with shredded cheese. Serves four.

For a variety of easy-to-make and sure-to-please chili recipes, visit www.hormel.com.