

# Cooking Corner Tips To Help You

## Top Secret Chili Ingredients Revealed

(NAPSA)—In a recent national survey, nearly 20 percent of home chili makers disclosed they have a secret ingredient. No matter if it's coffee, pinto beans or honey, Americans are serious about making chili that celebrates their individual style, taste and personality.

Of those surveyed, 32 percent believe in a time-tested tradition—creating chili with a secret family ingredient. And, nearly 15 percent of those refuse to reveal it—even in an anonymous survey.

For those who broke their silence, hot sauce, sugar/brown sugar, cumin, cayenne peppers and chili peppers are the top five most used secret ingredients. Rounding out the list of favorites, chili lovers frequently turn to a favorite beer to add flair and flavor to their ultimate one-dish meal.

Others simply insist on the best ingredients, beginning with the beans. Start with quality beans such as Bush's Best Kidney, Pinto or Chili Beans—the three most popular beans for chili—all cooked to perfection to be tender and flavorful.

A simple recipe that doesn't take hours to prepare, All-American Chili is ideal for beginners or experts.



**Most Americans (78 percent) prefer a thick and substantial chili with beans.**

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### All-American Chili

*Serves 8*

**2 cans (15-oz.) Bush's Best Chili Beans**

**1 pound lean ground beef**

**1 cup chopped onion**

**1 cup chopped green pepper**

**1 can (14.5 oz.) diced tomatoes**

**1 can (6 oz.) tomato paste**

**½ cup water**

**¼ teaspoon black pepper**

**1 teaspoon salt**

**1 tablespoon chili powder**

**2 teaspoons oregano**

**1 teaspoon sugar**

**Shredded Cheddar cheese**

**In large pan, cook beef, onion and green pepper until meat is browned. Drain excess grease. Stir in remaining ingredients, except cheese. Bring to boil. Cover, reduce heat to low, and simmer for 20 minutes. Garnish with cheese.**

For more great chili recipes, visit [bushbeans.com/beans](http://bushbeans.com/beans)