



Chris's Firehouse Chili

shared by:
Fire Station 61
13730 SW Butner Rd., Beaverton



This recipe combines two firehouse favorites—chili and venison. Don't worry if you don't have venison on hand; you can easily substitute any meat or ground poultry in this low-carb recipe. Venison is naturally low in cholesterol, and more vitamin-rich and lower in fat than beef.

Ingredients

1 tablespoon extra virgin olive oil

1/2 medium yellow onion, diced

3 stalks celery, diced

2 cloves garlic, sliced or minced

1-3/4 pounds meat or ground poultry (venison, beef, turkey, or chicken)

2 teaspoons ground cumin

2 teaspoons chili powder

2 teaspoons thyme

1 (12 ounce) jar tomato salsa

1 (8 ounce) can diced tomatoes

1 (7 ounce) can mild green chiles

Your favorite chopped vegetables such as broccoli, zucchini, peppers, etc.

Directions

Heat a heavy bottomed soup pot over medium-high heat. When the pan is hot, add oil. Add the onions, celery, and garlic. Sauté until onions are translucent, about 3 to 10 minutes. Next, add the meat or poultry, cumin, thyme, and chili powder. Stir while this cooks, and the meat is browned. Pour in salsa, tomatoes, green chiles, and chopped vegetables of choice. Simmer for at least 2 hours or transfer into a crockpot to cook. Once ready, garnish with unsweetened coconut cream or low-fat sour cream, gluten-free tortilla chips, olives, and shredded cheese.

Station 61 is located in Cedar Mill. The main response area for this station includes portions of Highway 26 (Sunset Highway) and the metro light rail line (MAX), as well as Nike World Headquarters and the 92-acre Tualatin Hills Park & Recreation Complex. The station is staffed by five firefighters who operate Squirt 61 and CAR 61.