

Meatless Beef Chili

Ingredients

- ~ 2 lbs [Quorn Meatless Grounds](#)^{1†}
- 2 15 oz Cans of Dark Red Kidney Beans, Drained
- 2 15 oz Cans of Tomato Sauce
- 1 28 oz Can of Crushed Tomatoes
- 1 Small White Onion, Diced
- 1 Box [Carroll Shelby's Chili Kit](#)^{2‡}
- 2 Bags Oyster Crackers (Optional)

Instructions

Procure a crock pot with about 1 gallon capacity.

1. Peel and dice the onion.
2. Brown the grounds in a skillet over medium high heat. While browning, add about half of the large red “chili spices” packet and about a cup of water to help absorb the spices. When the grounds are about half done, add the diced onion.
3. Once the grounds are browned and the onions have caramelized, add contents of skillet to crock pot.
4. Drain the kidney beans and add them to the crock pot.
5. Add all other canned ingredients to crock pot.
6. Add all remaining spices to crock pot.
7. Stir well, then cook on low for 8 hours. Stir occasionally.
8. Optionally serve with oyster crackers and coarse salt on top. Keep in fridge for up to a week. Reheats well when covered in microwave.

[†]Optionally, use regular beef grounds if desired.

[‡]If this exact box cannot be obtained, the contents are:

32 grams masa flour, 1.5 grams cayenne pepper, and 72 grams of “chili spices”. One can approximate Carroll Shelby’s “chili spices” with regular chili powder and a pinch of paprika. Taste for seasoning when using this method.

¹<https://www.quorn.us/products/quorn-meatless-grounds>

²<https://carrollshelbyschili.com/products>