

Buffalo Chicken Chili

by Stephanie Esser

Ingredients:

Meat:

3 T. Olive oil
2-3 bone-in, skin on chicken breasts
4-bone-in, skin on chicken thighs
1 Lb. ground chicken
Salt & pepper

Vegetables:

3 T. unsalted butter
3-4 celery ribs (finely chopped)
2 carrots (finely chopped)
1 large onion (finely chopped)
1 red bell pepper (finely chopped)
1 Jalapeno (seeded & finely chopped)
Salt

Spices:

1 T. olive oil
1 T. Chili powder
2 tsp. ground cumin
1 tsp. ground coriander
5-6 cloves of garlic (minced)

12 oz. bottle of Esser's Best (or other good lager beer)

Sauce:

1 cup Frank hot sauce (original)
2-15 oz. cans Hunts diced tomatoes
15 oz. can tomato sauce
15 oz. can low sodium chicken broth (or stock) *use more as needed to thin chili

Garnish:

Mix together:

1 pt. sour cream
4 T. Franks hot sauce

Garnish chili with seasoned sour cream, blue cheese crumbles, green onions, & a celery stick!

Method: *preheat oven to 350 degrees

Season chicken breasts and thighs with salt and pepper on both sides. Heat 2 T. olive oil in large cast iron Dutch oven until smoking (do not use a non-stick pan). Brown chicken on both sides for approximately 4 minutes a side (or until nicely browned). Remove from pan and finish cooking in oven at 350 degrees until chicken breast reaches 165 degrees and thighs reach 180. Remove from Dutch oven and set aside.

Next, add the remaining tablespoon of olive oil, and brown the ground chicken (seasoned with salt and pepper) until done leaving the browned bits in the Dutch oven. When done, remove and set aside.

Use the same pan to brown the vegetables. Add 3 T. butter to the pan and cook the vegetables over med-high heat for at least 10-15 minutes, until soft, tender and beginning to brown. Season with salt and pepper and remove from pan.

Once the chicken breasts and thighs have cooled a little, tear off the bone and shred the meat using 2 forks.

Add the cooked chicken (shredded and ground) and vegetables back to the pan and clear a spot in the center of the pan to cook the spices for 30 seconds. Add 1 T. olive oil to the center of the pan, add garlic and spices. Stir around and cook until fragrant (about 30 seconds).

At this point, the bottom of the pan will be very brown with food and spices sticking. Add 12oz of Esser's Best (or other good lager beer) and stir with a wooden spoon to deglaze the pan and dissolve all of the brown bits stuck on the bottom. *Add chicken broth to thin if needed.

Finally, add the tomato sauce, diced tomatoes, and hot sauce. Season with salt and pepper to taste and add spices as needed.

Garnish with seasoned sour cream, blue cheese crumbles, green onions and a celery stick!