



Chili Loaded Potato Skins

From the kitchen of B.J. Thompson

Note** I have included my own recipe for chili at the end of this recipe with a separate ingredient list. Of course you can make your own favourite chili, use a dry mix chili package or use tinned chili instead.

Step One: Prepare your potato skins

4 lg Russet potatoes
2 T extra virgin olive oil

1. Bake the potatoes and let them cool for one hour. (See my previous recipe "Cooking Potatoes 101" on how to bake the perfect baked potatoes.)
2. Cut each potato in half lengthwise. Scoop out the flesh leaving enough to keep the potato skins firm enough to handle. Reserve the potato meal for another dish. (You can browse my website for ideas.)
3. Brush the inside of each potato skin with extra virgin olive oil. Bake at 425°F for 8 minutes until the skins are crispy.

Step Two: Cook your chili

1. Prepare your chili of choice while the potatoes are baking.

Step Three: Assemble your potato skins

1. Heap each potato skin with hot chili.
2. Sprinkle with grated cheddar cheese. Let them rest until the cheese is melted.
3. Garnish with your favourite toppings such as sour cream, diced green onions, chives, or sliced jalapeno peppers.



One Hour Stove Top Chili

From the kitchen of B.J. Thompson

2 T	vegetable oil
1	medium cooking onion, diced
1	large green pepper, diced
1	lg clove garlic, diced
1lb	ground beef
1 796mL	can diced tomatoes (include liquid)
1 19oz	red kidney beans (include liquid)
1 C	plain tomato sauce
2 T	dry mix chili seasoning
1 ½ T	chili powder
1 T	Worcestershire sauce
1 t	cumin
1 t	salt
1 t	pepper
3/4 t	cayenne pepper

1. Pour vegetable oil into a deep frying pan. Sauté the onion and green peppers over low heat until they are tender. Add garlic and cook for one minute.
2. Add ground beef and cook until it is no longer pink. Strain and return to the pan.
3. Add the tomatoes and kidney beans (including the liquid.) Rinse the tins with a little bit of water and add to the chili.
4. Add all the remaining ingredients and mix very well. Cover and bring to a slow boil over low heat.
5. Uncover and cook for 45 minutes to 1 hour until the chili has thickened and the flavours are absorbed.