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## Cooking With Rania

KDKA Pittsburgh Today Live 1/23/2013

### Flavorseal Beef Chili

#### INGREDIENTS

- 1 Flavorseal Fireside Chili Slow Cooker Liner
- 1 pound chuck roast
- ½ pound ground beef – sautéed until cooked through
- 1 1/3 cup dried pinto beans, rinsed and sorted
- 1 - 14.5 ounce can diced tomatoes
- 2 - 8 ounce cans tomato sauce
- 2 cups water

#### Toppings:

- Shredded Cheddar Cheese
- Sour Cream
- Diced red or green onions

#### DIRECTIONS

Soak the pinto beans in hot water to cover by three inches overnight. Drain water from beans.

Unfold liner and place into slow cooker, gently pushing sides so that liner is evenly spread out. Fold unseasoned side of the bag over slow cooker edges to hold it in place.

Add beans, roast, ground beef, tomatoes, tomato sauce and water. Stir and ensure that all seasoned portions of the liner are moistened.

Cover and cook on LOW for about 9 hours or on HIGH for 7 hours. Roast should be very tender. The chili will not be thick and chunky – it will have more of a broth like consistency. Remove roast, shred, and add back into the chili.

Stir the chili several times before serving.

Serve with toppings on the side

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### Jalapeno Popper Grilled Cheese

#### INGREDIENTS

- 4 large Jalapeno Peppers
- 3-4 ounces Cream Cheese, softened
- 4-5 Green Onions, minced
- Black Pepper, to taste
- 4 slices Colby Jack or Cheddar Cheese
- 4 slices Sourdough Bread
- Butter

#### DIRECTIONS

On a hot grill {or in your oven cranked to 450}, char the jalapenos... about 10-15 minutes.

Place charred jalapenos in a bag to steam. After about 10 minutes, gently peel of the skin. Slice off the tops and discard. Slice down one side of the pepper and carefully remove the seed and ribs of the pepper.

Preheat griddle to 375 degrees. Next combine the cream cheese, minced green onion and black pepper in a small bowl. Spread desired amount of cream cheese on one slice of bread then layer jalapeno's and cheese. Butter outer slices and griddle until golden and crispy.

Always wear gloves while handling jalapenos or any spicy peppers.

Yield: 2 Sandwiches