

Cooking Corner Tips To Help You

Chili Pleases Comfort-Food Taste Buds

(NAPSA)—It's official: the way to a man's heart is indeed through the kitchen.

At least according to research findings of Brian Wansink, professor of marketing and of nutritional science at the University of Illinois. His study of more than 1,000 Americans revealed that men equate comfort foods with hearty meals such as casseroles, stews and chilis.

Women, on the other hand, tend to prefer convenient snack-type foods. Women are also much more likely, according to Wansink's research, to feel guilty about their comfort food choices.

To remedy this battle of the comfort foods, Aspen Edge, Coors' new low-carb lager, teamed up with International Chili Society World Champion Robert Wetzel, who also develops the chili recipes for Cafe on Broadway in Manhattan, Mont., to create a dish sure to please both sexes. For men, it is a winner because it's chili cooked with another favorite: beer. For women, the recipe offers more nutrition than snack foods because it is packed with protein.

Best of all, when the men do the cooking women get their top comfort food priority—convenience—met as well. So with the following chili recipe, you might just find you can get to a woman's heart through the kitchen too!

Aspen Edge Chili

- 1 cup chopped yellow onion**
- 1 teaspoon vegetable oil**
- 2 cloves garlic (crushed)**
- $\frac{1}{2}$ cup chili powder blend**
(Sespecreek, Gebhart, or
Pendrys brands suggested)
- 1 tablespoon ground cumin**



- $\frac{1}{2}$ teaspoon ground black pepper**
- $1\frac{1}{2}$ teaspoons salt**
- 1 (15 oz) can tomato sauce**
- 1 cup Aspen Edge beer**
- $\frac{1}{2}$ cup chicken broth (or water)**
- 2 teaspoons Worcestershire sauce**
- 1 (4 oz) can diced green chilies**
- 2 lbs. extra lean ground beef**
- 1 to 2 (15 oz) cans pinto beans, drained.**
- Salt and hot sauce to preferred taste**

In chili pot, cook onions in oil over medium heat until translucent. Add garlic and cook 1 more minute. Add chili powder, cumin, black pepper, salt, tomato sauce, beer, chicken broth, Worcestershire sauce, and green chilies. (Set aside.)

In large skillet, brown ground beef, drain and add to chili pot. Cover pot and bring to boil. Turn heat to low. Simmer 30 to 45 minutes. Add drained pinto beans and simmer 15 minutes. Add additional salt and hot pepper sauce to taste. Enjoy the chili and remaining Aspen Edge.