

Fluvanna County Public Library

Spice of the Month Club

Chili Seasoning**

Flavor Profile: Warm, earthy flavor with a mild to moderate heat level

Chili powder is a spice blend made from ground, dried chili peppers and other spices, such as cumin, garlic powder, and oregano. Originating from Central and South America, chili powder has become a staple in many cuisines around the world. Its taste ranges from mild to spicy, depending on the types of chilies used and it's commonly used in dishes like chili, chili con carne, tacos, and various curries.



The use of chili peppers dates back to ancient civilizations in Central and South America, where they were cultivated and consumed for their medicinal and culinary properties. Chili powder, as we know it today, was created in the late 19th century by an American entrepreneur named William Gebhardt, who sought to bring the flavors of Mexican cuisine to the United States.

Chili powder is a popular ingredient in various cuisines, including Mexican, Indian, Tex-Mex, and Southwestern American dishes. It's a versatile spice that adds depth and heat to a wide range of recipes.

Chili powder is not only a flavorful addition to your meals, but it also boasts an impressive nutritional profile. Rich in vitamins A and C, antioxidants, and minerals like iron, potassium, and magnesium, chili powder can have a positive impact on your health when consumed in moderation.

7 Health Benefits of Chili Powder

- Boosts metabolism: Capsaicin, the compound responsible for chili's heat, has been shown to increase metabolic rate and help burn calories.
- Reduces inflammation: The antioxidants in chili powder help fight inflammation and may reduce the risk of chronic diseases.
- Enhances digestion: Spicy foods like chili powder can stimulate digestive enzymes, aiding in the absorption of nutrients.
- Supports heart health: Chili powder may help lower cholesterol levels and reduce the risk of heart disease.
- Improves circulation: The warming effect of chili powder can help improve blood flow and overall circulation.
- Aids in pain relief: Capsaicin has been found to have analgesic properties, helping to alleviate pain.
- Supports immune function: The high vitamin C content in chili powder can help boost your immune system and protect against infections.

Fun Fact

Texans lay claim to the invention of chili powder, although there's always someone willing to dispute this.

**Ingredients (Spice Classics brand) – chili pepper, salt, spices, silicon dioxide (added to make free flowing) and garlic

Chili Seasoning Recipe

- 2 Tablespoons sweet paprika
- ½ tsp. smoked paprika (optional)
- 1 ½ tsp. garlic powder
- ½ tsp. cayenne pepper
- 1 ½ tsp. onion powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin.

1. Combine all ingredients and mix well.
2. Store in a sealed container up to 1 year.

<https://www.spendwithpennies.com/homemade-chili-powder/>



Layered Chili Dip

- 4 oz. cream cheese (half a block)
- 4 oz. sour cream
- ¾ cup shredded cheese
- ¼ cup diced onions
- 1 ¼ cups chili
- 2 tsp. chili seasoning

1. Preheat oven to 350F.
2. Mix cream cheese, sour cream, and chili seasoning in a bowl.
3. Spread mixture in the bottom of dish.
4. Add chili on the cream cheese mixture.
5. Top chili with cheese.
6. Dice green and white onions and sprinkle on top of the dip.
7. Place in oven for approximately 10 minutes: until the cheese is melted and chili is bubbling.
8. Serve.



<https://freshsimplehome.com/layered-chili-dip/>

Chili & Onion Roasted Potatoes (6 servings)

- 2 pounds baking potatoes
- 2 Tablespoons olive oil
- 1 tsp. onion salt

1. Preheat oven to 450F. Cut potatoes into 3 x ½-inch wedges. Place in large bowl. Toss with oil to coat well.
2. Mix chili powder and onion salt. Sprinkle over potatoes. Toss to coat evenly. Spread potatoes in single layer on foil-lined baking pan.
3. Bake 30 minutes or until potatoes are tender and golden brown.



<https://www.mccormick.com/recipes/salads-sides/chili-and-onion-roasted-potatoes>

Southwest Roasted Chicken & Sweet Potatoes (6 servings)

- 2 Tablespoons packed brown sugar
- 1 Tablespoon lime juice
- 1 Tablespoon olive oil
- 2 tsp. chili powder
- 1 tsp. oregano leaves
- 1 tsp. salt
- ½ tsp. garlic powder
- ¼ tsp. ground cayenne red pepper
- 2 pounds bone-in chicken parts
- 1 ½ pounds sweet potatoes, peeled and cut into 1-inch cubes
- 1 large onion, cut into thin wedges



1. Preheat oven to 425F. Mix brown sugar, lime juice, oil and seasonings in large bowl. Add chicken, sweet potatoes and onion; toss to coat well.
2. Arrange chicken, sweet potatoes and onion in a single layer on foil-lined baking pan sprayed with non-stick cooking spray.
3. Roast 30-35 minutes or until chicken is cooked through and sweet potatoes are tender, turning sweet potatoes occasionally.

<https://www.mccormick.com/recipes/main-dishes/southwest-roasted-chicken-and-sweet-potatoes>

Mexican Corn Salad (Makes 6 (2/3 cup) servings)

- 2 cans (15 oz. each) whole kernel corn, drained
- 1 medium cucumber, unpeeled, seeded and chopped (about 1 cup)
- ¼ cup chopped red onion
- 1/3 cup mayonnaise
- 3 Tablespoons grated Cotija or Parmesan cheese
- 2 Tablespoons chopped fresh cilantro (or parsley if preferred)
- 1 Tablespoon lime juice
- 1 tsp. chili powder



1. Mix corn, cucumber and onion in large bowl. Set aside.
2. Mix remaining ingredients in small bowl until well blended. Add to corn mixture; toss lightly to coat. Cover.
3. Refrigerate until ready to serve.

<https://www.mccormick.com/recipes/salads-sides/mexican-corn-salad>

Salsa Ranch Dip (20 servings)

- 1 pint (16 ounces) sour cream
- ½ cup salsa
- 1 package ranch dip mix
- ½ tsp. chili powder



1. Stir sour cream, salsa, seasoning mix and chili powder in medium bowl until well blended. Cover.
2. Refrigerate 1 hours. Stir before serving. Serve with tortilla chips.

<https://www.mccormick.com/recipes/appetizer/salsa-ranch-dip>

Chicken Ole (8 servings)

- 1 Tablespoon vegetable oil
- 1 ¼ pounds boneless skinless chicken breasts, cut into strips
- 1 can (15 oz.) whole kernel corn, drained
- 1 can (15 oz.) tomato sauce
- 1 can (4 oz.) chopped green chiles, undrained
- 2 Tablespoons chili powder
- 2 tsp. onion powder
- 4 ounces tortilla chips
- 1 cup shredded cheddar cheese
- ¼ cup chopped green onions

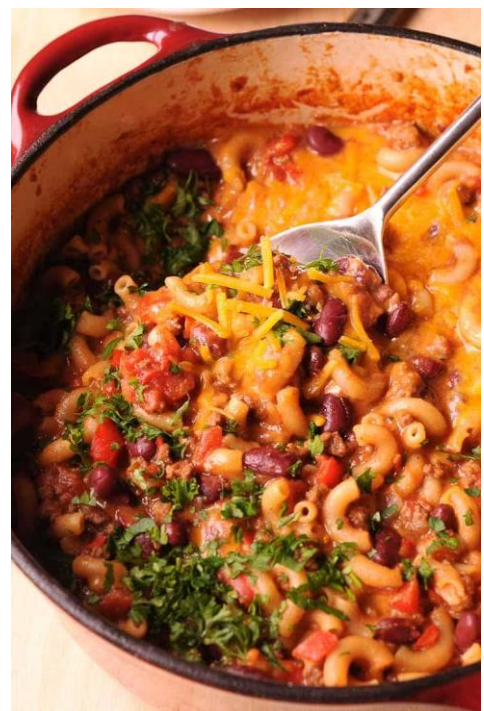


1. Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 5 minutes or until lightly browned.
2. Stir in corn, tomato sauce, chiles, chili powder and onion powder. Bring to boil. Reduce heat to medium-low; cook 10 minutes, stirring occasionally.
3. To serve, spoon chicken mixture over tortilla chips. Sprinkle with cheese and green onions. Serve with sour cream, if desired.

<https://www.mccormick.com/recipes/main-dishes/chicken-ole>

One Pot Chili Mac and Cheese (4 servings)

- 1 Tablespoon olive oil
- 2 garlic cloves, minced
- 1 onion finely chopped
- 1 red bell pepper, chopped
- 1 lb. ground beef
- 1 tsp. chili powder
- 2 tsp. paprika powder
- 2 tsp. cumin powder
- 2 tsp. onion powder
- 2 tsp. garlic powder
- ½ tsp. black pepper
- 1 ¼ sea salt
- 28 oz. crushed canned tomato
- 14 oz. can red kidney beans, drained
- 2 cup beef broth
- 8 oz. elbow macaroni pasta, uncooked
- 2 cups shredded cheddar cheese
- Parsley (for garnish)



1. Heat oil in large pot over high heat and add garlic and onion, cook for a couple of minutes. Then add bell pepper and cook until onion is translucent.
2. Add beef and cook, breaking it up as you go. Once the beef is browned, add remaining ingredients (including elbow pasta, but except cheese and parsley). Stir, bring to simmer, then turn the heat down to medium.
3. Cover and cook for about 12 minutes and remove pot from the burner.
4. Stir through half the cheese. Taste it and adjust salt and pepper to taste. Top with remaining cheese, put the lid back on and leave until the cheese melts – about 2 minutes.
5. Garnish with parsley, and serve immediately.

<https://whatsintheplan.com/one-pot-chili-mac-and-cheese/>

Texas Cowboy Stew (8 servings)

- 2 lb. ground beef
- 2 packages kielbasa sausage sliced into ½-inch pieces
- 2 garlic cloves, minced
- 1 onion, chopped
- 2 (14.5 oz) cans peeled and diced tomatoes, drained
- 4 medium baking potatoes, peeled and diced
- 2 (15 oz.) cans pinto beans, with liquid
- 1 (15.2 oz) can diced tomatoes with green chili pepper, with liquid
- 1 (10 oz.) package frozen mixed vegetables
- 4 cups of water
- 2 tsp. ground cumin
- 2 tsp. chili powder
- Salt and pepper to taste

1. In a Dutch oven over medium heat, sauté onion. Add ground beef and cook until there's no pink left.
2. Add sliced sausage.
3. Pour in tomatoes, pinto beans, corn, potatoes, diced tomatoes with chiles and veggies.
4. Mix everything until well combined, add spices.
5. Add water, bring to a boil, and simmer for one hour.

<https://100krecipes.com/texas-cowboy-stew/?em=1>

Chili Lime Seasoning

- 1 Tablespoon chili powder
- 1 tsp. lime zest (1/2 lime – more to taste)
- ½ tsp. ground cumin
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. ground coriander
- ¼ tsp. salt
- 1/8 tsp. salt
- 1/8 tsp. cayenne powder or paprika (optional)



Mix all ingredients in a bowl, then use as a seasoning or a rub.

<https://pepperscale.com/chili-lime-seasoning/>

Mexican Fruit Salad Recipe

- 2 cups pineapple, peeled and cut into chunks
 - 2 cups seedless watermelon, cut into chunks
 - 2 cups mango, peeled and cut into chunks
 - 2 cups papaya, peeled, seeded and cut into chunks
 - 2 cup seedless grapes, halved
 - 3 Tablespoons lime juice
 - 2 tsp. of lime zest, or to taste
 - Chili lime seasoning to taste (see above recipe)
1. Peel, remove any seeds and cut fruit into uniform-sized pieces, 1 inch is usually a good size. Cut grapes in half.
 2. Place all of the fruit in a large bowl. Add lime juice and zest, then toss to coat.
 3. Place in a serving bowl or halved pineapple to serve.
 4. Sprinkle with chili lime seasoning to taste.

<https://www.soulfullymade.com/mexican-fruit-salad-recipe/>

Baja Chicken Wraps (4 servings)

- 1 pound boneless skinless chicken breast
- 2 limes juice
- ¼ cup olive oil
- 1 tsp. cumin seeds
- 1 tsp. chili powder
- 1 tsp. kosher salt
- 1 tsp. black pepper

Wrap Ingredients

- 4 cups shredded lettuce
 - ¼ cup ranch dressing
 - Avocado
 - Hot sauce
 - Large tortillas
1. Mix together marinade ingredients. Add chicken breasts and let marinate for a few minutes.
 2. Grill chicken over high heat for about 8-10 minutes per side until they are cooked through and reach 165F.
 3. Slice chicken thinly.
 4. In a bowl, mix together chopped lettuce, ranch dressing, and a dash of hot sauce.
 5. On a large tortilla, put down a layer of lettuce mixture.
 6. Top with about ¼ of an avocado and a layer of chicken.

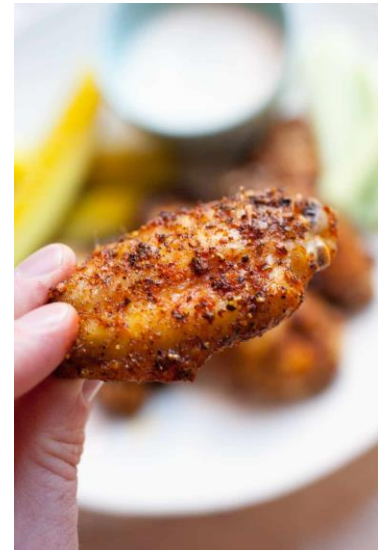


7. Top with a sprinkle of salt and pepper and an extra dash of hot sauce and roll the wrap up.
8. Slice and serve.

<https://www.macheesmo.com/baja-chicken-wraps/>

Pickle Brined Chicken Wings

- 3 pounds chicken wings
- 24 oz. pickles – juice only
- 1 Tablespoon kosher salt
- 1 Tablespoon black pepper
- 2 tsp. chili powder
- 1 tsp. onion powder
- 1 tsp. dried oregano
- 1 tsp. cayenne pepper
- 2 Tablespoons vegetable oil
- Ranch or blue cheese dressing for dipping



1. Preheat oven to 375F. Add raw chicken wings to a bag with pickle juice. Let sit for at least 30 minutes or up to a few hours. Overnight might make them too pickled...
2. Drain off pickle juice and dry wings very well. Don't rinse the wings.
3. Add spices to a small bowl and stir together.
4. Drizzle dried chicken wings with oil. Then rub liberally with the spice rub.
5. Lay out wings on baking sheets lined with foil.
6. Bake for 55-60 minutes until cooked through and crispy in parts.
7. Remove wings, let cool briefly, and serve with ranch or blue cheese dressing.

<https://www.macheesmo.com/pickle-brined-chicken-wings/>

Brussels Sprouts Breakfast Hash

- 1 cup grated Yukon potatoes
- 8-10 Brussels sprouts sliced thin
- 4 strips bacon chopped
- 1 tsp. granulated onion
- ½ tsp. garlic salt
- ½ tsp. chili powder
- ½ tsp. salt
- 2-4 eggs
- Chili sauce (optional to garnish)
- Cilantro (optional to garnish)

1. Chop bacon and add to a skillet over medium-low-heat. Cook slowly to render out fat and make bacon crispy.
2. Meanwhile, peel and grate potatoes and measure out 1 cup of grated potatoes. Wash sprouts and cut off stems. Then slice thin. Stir potatoes and sprouts together in a bowl.



3. When bacon is crispy, remove from the skillet. Pour off bacon grease into bowl with potatoes and sprouts. Then stir in seasonings. Stir well to combine.
4. Return skillet to medium heat and add the sprout mixture in an even layer. Let cook for 4-5 minutes until the hash is getting nicely browned.
5. Stir sprouts and potato mixture once and let cook a second time. Try not to over stir the mixture or it might get gummy. Just let it do it's thing.
6. When the sprouts mixture is nicely crispy on the edges, make two (or more) wells in the hash. Turn heat down to low and crack in eggs. If the skillet is very dry, you might want to add a drizzle of oil or butter.
7. Cook eggs in the skillet until the whites are set. Place a plate or lid on the skillet for about a minute near the end to set the tops of the eggs.
8. Serve skillet drizzled with chili sauce and fresh cilantro.
9. Serve while warm!

<https://www.macheesmo.com/crispy-brussels-sprouts-breakfast-skillet/>

Mexican Zucchini and Beef (6 servings)

- 2 medium zucchini sliced and quartered
- 1 ½ pounds ground beef
- 2 cloves garlic, minced
- 10 oz. Mexican style diced tomatoes with green chilis (salsa or diced tomatoes can be used), canned
- 1 Tablespoon chili powder
- 1 tsp. ground cumin
- 1 tsp. salt
- ½ tsp. black pepper
- ½ tsp. onion powder
- ¼ tsp. crushed red pepper flakes



1. Brown ground beef with minced garlic, salt, and pepper. Cook over medium heat until meat is browned.
2. Add tomatoes and remaining spices. Cover and simmer on low heat for another 10 minutes.
3. Add the zucchini. Cover and cook for about 10 more minutes until zucchini is cooked, but still firm.
4. NOTE: Salsa or fresh diced tomatoes and peppers can be used in place of the canned tomato and green chilis or add in your favorite veggies to make this recipe taste even more delicious.

https://lowcarbyum.com/mexican-zucchini-and-beef/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=813870302_33563656_34477

Library Resources

Chicano Eats by Esteban Castillo – 641.5972 CAS

The Latin American Kitchen by Elisabeth Luard – 641.598 LUA

The Taco Tuesday Cookbook by Laura Fuentes – 641.84 FUE

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