



PHOTO BY MALISSA MARTIN

## RECIPE

# Chili weather

On cool fall days, try Three Bean recipe in your slow cooker

By Malissa Martin  
For Digital First Media

Recently, my sister Camille shared with me her famous three-bean chili recipe. It's a great fall dish that's easy to make, and keeps you warm on a chilly day. This recipe is easy to follow and doesn't require a lot of preparation. Serve it with crackers or toast.

## THREE BEAN CHILI

Prep time: 20-25 minutes

Cook time: 6 hours

Serves 5-7 people

### INGREDIENTS

- 1 pound ground beef
- 1 can red kidney beans, drained
- 1 can white beans, drained

- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1/2 can tomato sauce
- 1/2 cup chicken broth
- 2 tablespoons tomato paste
- 1 small yellow onion
- 2 cloves minced fresh garlic
- 1 tablespoon salt

- 1 tablespoon black pepper
  - 3 tablespoons chili powder
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1/2 tablespoon paprika
  - 1/2 teaspoon crushed red pepper flakes
  - 1 teaspoon sugar
- Optional add-ins:

- Shredded cheese
- Sour cream

### STEPS

Turn slow cooker on low.

In a separate pan, cook ground beef, drain off fat, and add to the slow cooker. Then, add kidney beans, white beans, black beans and corn to slow cooker. Next, stir in

tomato sauce, chicken broth and tomato paste.

Chop the onion finely or coarsely, depending on your taste, and add to slow cooker. Mince two garlic cloves then add them to the mix.

Finally, add salt, pepper, chili powder, paprika, garlic powder, onion powder, crushed red pepper flakes and

sugar. Stir the ingredients together until mixed well. Cook on low for 6 hours, stirring occasionally.

Ladle into heavy crockery bowls that will retain the heat of the chili. If you like, add a dollop of sour cream and a sprinkle of cheese on top. Serve with crackers on the side.

## RECIPE

# Use your noodle(s) in this frittata built for two

By Bonnie S. Benwick  
Of The Washington Post

Just when you think you've had every kind of frittata in the egg playbook, along comes yet another good one to tackle. This noodle version has standard ingredients, yet I had never combined them in quite this way.

The pasta invoked is a

Chinese egg noodle, on the short side at a medium width instead of the wide egg noodles typically used for kugels and stroganoff. Look for them in the Asian foods section. They give the frittata just enough heft to be deserving of the dinner hour. Seasoned sun-dried tomatoes and dollops of tangy tomato paste pop up in every other bite, along

with scallions and pan-crisped spinach.

Cooked in a small skillet, it's a down-to-earth, slightly surprising meal for two.

The original recipe called for 4 ounces of cooked/cured chorizo, which is good. But we liked the dish even better as a meatless one, so we used sun-dried tomatoes instead.

## NOODLE FRITTATA

We used Blue Dragon brand egg noodle nests, available in the international aisle of larger supermarkets. But any medium-width dried egg noodles will do here.

Serve with sauteed broccoli rabe or an arugula salad.

2 servings

Adapted from "Pimp My Noodles: Turn Instant Noodles and Ramen Into Fabulous Feasts!" by Kathy Kordalis (Hardie Grant, 2017).

### INGREDIENTS

- Salt
- 2 1/2 ounces dried egg noodles (see headnote)
- 2 to 3 ounces sun-dried tomatoes packed in oil
- 3 1/2 ounces fresh spinach
- 3 scallions
- 1 tablespoon extra-virgin olive oil
- Spanish smoked paprika (sweet or hot)
- 2 tablespoons tomato paste, preferably double-concentrated

- 5 large eggs
- Freshly ground black pepper
- 2 to 3 tablespoons crème fraîche (optional)
- Handful fresh flat-leaf parsley, for garnish

### STEPS

Preheat the oven to 350 degrees.

Bring a medium saucepan of water to a boil over medium-high heat. Add a pinch of salt and then the egg noodles; cook al dente according to the package directions. Drain and place in a mixing bowl.

Meanwhile, drain, then coarsely chop the sun-dried tomatoes and the spinach, keeping them separate. Trim the scallions, then cut the white and green parts on the diagonal into thin slices.

Heat half the oil in an 8-inch ovenproof skillet over medium heat. Once the oil shimmers, add the sun-dried tomatoes, then sprinkle them lightly with the smoked paprika. Cook for about 1 minute, stirring once or twice,

then stir in 1 tablespoon of the tomato paste and cook for 1 minute. Add the contents of the skillet to the noodles and toss to incorporate.

Return the skillet to the stove over medium heat. Add the remaining 1/2 tablespoon of oil, then add the chopped spinach and stir-fry it just until wilted. Transfer the sun-dried tomato/noodle mixture into the skillet, along with the scallions. Cook for 2 minutes, without stirring, until heated through.

While that's cooking, beat the eggs in the now-empty mixing bowl; season lightly with salt and pepper. Pour into the skillet and cook for 2 minutes, undisturbed, then transfer to the oven. Dollop the crème fraîche, if using, around the surface, along with the remaining tomato paste. Bake (middle rack) for 5 to 7 minutes, or until puffed and just set.

Coarsely chop the parsley and scatter it over the top. Serve warm at the table, cutting it into wedges.

## RECIPE



PHOTO FOR THE WASHINGTON POST BY DEB LINDSEY

Polenta and Shrimp With Creamy Tomato Sauce.

# Shrimp and grits, rendered healthful and Italian? We're in

By Ellie Krieger

Special To The Washington Post

Polenta and grits are not exactly the same. But they are close cousins, both made from medium-to-coarsely ground corn that cooks into a creamy, satisfying bed for a saucy entrée.

One of the pairings for

the cornmeal porridge is as iconic as "milk and cookies" and "peanut butter and jelly" — namely, shrimp and grits. Once I get that duo on my mind, I can't seem to think of anything else. This time, while dreaming of a diner of comforting cornmeal topped with shrimp

sauce, I started imagining it through a Mediterranean lens. Approaching the flavors and textures from that direction — with olive oil, tomatoes and herbs instead of cheese and cream — lends itself naturally to a more healthful yet still profoundly satisfying dinner. It's easy to make as well.

## POLENTA AND SHRIMP WITH CREAMY TOMATO SAUCE

From registered nutritionist and cookbook author Ellie Krieger.

4 to 5 servings

### INGREDIENTS

- 1 cup dried polenta
- 1/2 teaspoon kosher salt
- 1 tablespoon unsalted butter
- 2 ounces chopped/diced pancetta
- 1 1/4 pounds large, peeled and deveined shrimp
- 1 tablespoon olive oil
- 1 medium onion, diced (1 cup)
- 2 cloves garlic, minced
- 1 1/2 teaspoons chopped fresh thyme leaves
- 1/4 teaspoon freshly ground black pepper
- Pinch crushed red pepper flakes
- 1 1/2 to 2 teaspoons cornstarch
- One 14.5-ounce can no-salt-added diced toma-

- atoes, plus their juices
- 1 cup water (may substitute fish stock)
- 1/2 cup whole milk

### STEPS

Cook the polenta according to the package directions, using 1/4 teaspoon of the salt in the cooking water. Once that's done, stir in the butter until it has melted, and cover to keep the polenta warm as you prepare the shrimp. (The yield is about 4 cups.) Bring about a cup of water to a boil in a kettle to add to the polenta later, as needed.

Scatter the pancetta in a large nonstick skillet over medium heat; cook for about 2 minutes, or until browned and crisped. Add the shrimp and cook for 2 to 3 minutes, until it has just turned pink on the outside but is not quite cooked through. Transfer the shrimp and pancetta to a plate.

Heat the oil in the same pan (medium heat). Once the oil shimmers, add

the onion and cook for 3 minutes, stirring, until translucent, then stir in the garlic, thyme, the remaining 1/4 teaspoon salt, the black pepper and crushed red pepper flakes; cook for 30 seconds.

Sprinkle the cornstarch (as needed) over the onion mixture and stir until incorporated. Add the tomatoes with their juices, the water and milk. Increase the heat to medium-high; cook for about 3 minutes, stirring occasionally, to form a slightly thickened sauce.

Return the shrimp and pancetta to the pan; cook for about a minute, or until warmed through and the shrimp is cooked through.

If the polenta has thickened/firmed up too much in the interim, stir in the reserved boiling water, a few tablespoons at a time, to make it smooth and soft again. Divide among individual plates and top each portion with the shrimp mixture. Serve warm.

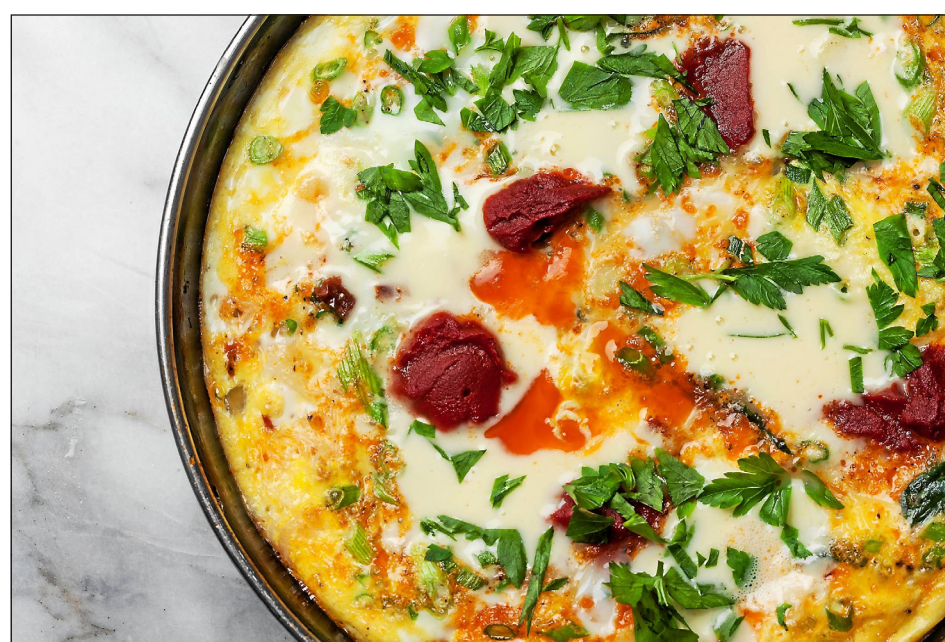


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Noodle Frittata.