

Quick cooking: Chunky Chipotle Pork Chili

THE ASSOCIATED PRESS

Lean pork tenderloin cooks up tender in just 5 minutes, yet delivers simmered-all-day flavor. That's good news for times when you need a robust, warming meal at short notice on a cold winter day.

The recipe is among 100 featured in Better Homes and Gardens' "All-Time Favorites Soups and Stews," \$4.99, a Meredith special interest publication. Included among the 100 are other chilies, chowders, stews and slow-cooker comfort foods.

This pork chili, which

takes only half an hour start-to-finish, is rated 4 on a 5-point scale from mild to hot (5 is the hottest).

Chunky Chipotle Pork Chili
 1 small onion, chopped
 2 tsp bottled minced garlic
 1 tablespoon cooking oil
 12 ounces pork tenderloin, cut into 3/4-inch cubes
 2 teaspoons chili powder
 2 teaspoons ground cumin
 1 red sweet pepper, cut into 1/2-inch pieces
 1 cup beer or beef broth
 1/2 cup salsa
 1 to 2 tbs finely chopped canned chipotle chili pepper in adobo sauce (see note)
 15-ounce can small red

beans or pinto beans, rinsed and drained
 1/2 cup dairy sour cream
 Fresh cilantro or flat-leaf parsley sprigs (optional)

In a large saucepan, cook onion and garlic in hot oil over medium-high heat about 3 minutes or until tender. Toss pork with chili powder and cumin; add to saucepan. Cook and stir until pork is brown. Add sweet potato, beer or beef broth, picante sauce or salsa, and chipotle chili pepper. Bring to boiling; reduce heat.

Cover and simmer about 5 minutes or until pork is tender. Stir in beans; heat through. Serve with sour

cream. If desired, garnish with cilantro or parsley.

Makes 4 main-dish servings.

Nutrition information per serving: 328 cal., 11 g total fat (4 g saturated), 65 mg chol., 625 mg sodium, 29 g carbo., 7 g fiber, 26 g pro.

Note: When handling hot chili peppers, wear plastic or rubber gloves to prevent skin burns. Disposable plastic gloves from a pharmacy or paint store are ideal. If skin burns should occur, wash the area well with soapy water. If the juices come into contact with your eyes, flush them with cool water to neutralize the chili pepper oil.

Tips on forming your own cooking club

By Debra Hale-Shelton
 THE ASSOCIATED PRESS

Gourmet cooks aren't the only ones joining cooking clubs these days.

In New York, six young businesswomen formed a club in 1996 in the hopes of learning to cook. In Arkansas, six older women formed a similar club as a way to continue entertaining after their husbands died.

Statistics are not available on the number of such clubs, but the authors of "The Cooking Club Cookbook" (Villard, 2002, \$19.95 paperback) say they've helped launch several other clubs in the New York metropolitan area.

Calphalon, a cookware manufacturer, quotes the experience of the New York group, The Cooking Club, on its Web site, offering advice to promote the formation of more cooking clubs.

Here are some tips from the two cooking clubs and Calphalon for anyone wanting to start their own club:

- Choose a consistent meeting day and time. Both the

New York club and The Flaming Spoon Dinner Club of North Little Rock, Ark., have chosen to meet once monthly, and both groups stick with the date chosen even if someone can't make it. The Cooking Club finds Sundays work best, while the Flaming Spoons set meeting dates from one month to the next.

- The Flaming Spoons rotate hostess duties and skip one month per year so that the same hostess won't always have special-occasion dinners such as the Thanksgiving or Christmas dinner. During the skipped month, the group dines out together or does some other activity such as taking a trip together. The hostess also prepares the entree, a rule Calphalon and the New Yorkers also suggest. The Flaming Spoons also rotate who brings the appetizer, the bread, the salad, the dessert.

- Both groups have chosen to limit their members to six. It's hard enough to find times when just six people can get together.

Besides, Flaming Spoons member Irene Wassell says, "You lose the intimacy of it and the ability to really converse when there are too many people."

"And some people's dining rooms don't hold eight real comfortably," adds another Flaming Spoons member,

Betty Reynolds.

- Both clubs prepare the food before getting together with the exception of some last-minute details or assembly.

- Everyone agrees people should not let worries about cooking expertise get in the way of having fun.

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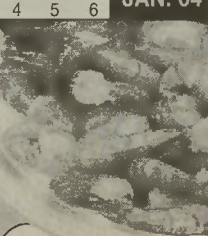
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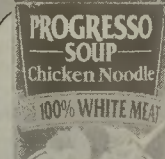
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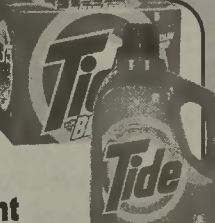
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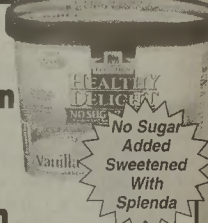
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