

# Salt and Serenity

## Chili Hand Pies

Adapted from thechew.com

Makes about 16 hand pies with extra chili left over to freeze for another day.

### For the Chili:

1 tablespoon Olive Oil  
1 medium onion, finely diced  
2 cloves Garlic (minced)  
1 small Red Pepper (seeded and chopped)  
1 28-ounce can Italian Plum Tomatoes  
1-2 tablespoons Chili Powder  
1 teaspoon Ground Cumin  
1/2 teaspoon Salt  
1 Jalapeno (seeded and finely chopped)  
1 package of Yves Veggie Ground Round (original)  
1 tablespoon pickled jalapenos, finely diced  
1 can Beans (Pinto, White or Red kidney, or Black Beans) rinsed and drained  
2 cups Cheddar Cheese (grated)

### For the Dough:

2 cups All-Purpose Flour (plus more to dust)  
1 cup Yellow Cornmeal  
1 teaspoon Salt  
2 Sticks of unsalted butter, frozen or very cold  
1/2 cup Ice Cold water

### Garnishes:

Cilantro  
Sour Cream  
Avocado slices  
Lime Wedges  
Hot sauce

1. In a large pot, heat the olive oil over medium-high heat. Add onion, the red pepper, fresh jalapeno and garlic. Cook for about 5 minutes, until the vegetables have softened and are beginning to brown.
2. Add the tomatoes, chili powder, cumin, and salt and stir together, using a wooden spoon to smash and break up the canned tomatoes. Cook for about 10-12 minutes until the mixture has thickened a bit.

3. Reduce heat, add the veggie ground round, breaking it up with a wooden spoon and continue to cook for 5 more minutes, stirring often. Add beans and pickled jalapeno and cook for an additional 2-3 minutes. Remove pot from heat. Allow chili to cool a bit and then stir in the cheddar cheese.
4. While chili is cooling, in a large bowl, combine the flour, cornmeal and salt. Grate the frozen butter into the dry ingredients, using the large holes of a box grater. Using your hands, work the butter into the mixture until the mixture resembles coarse crumbs. Add the water, and mix until the dough comes together.
5. On a lightly floured work surface, gather the dough into a ball and press it into a disk. Dust it very lightly with flour, and roll out between two pieces of plastic or waxed paper until it is about 1/4-inch thick. Using a 4 or 5-inch cookie cutter, cut out rounds of the dough. Gather remaining dough; roll out to 1/4 inch thick, and repeat until all dough is used.
6. Spoon mixture onto each of the rounds, about a scant 1/4 cup, and fold in half, sealing the edge with a dab of water. Flute the edges, and cut three slits on one side of hand pie to allow steam to escape. Arrange the hand pies on a parchment lined baking sheet pan and bake until pies are golden brown, about 20 minutes. Allow pies to cool before serving.
7. Serve with bowls of garnishes to customize each pie.