

## Obama: Man of the chili



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I got an e-mail the other day from an outfit that calls itself Foodieview, which said President Barack Obama would like their recipes for beets.

Beets?

What's going on here, I asked. So I get on the Internet to find out the new president avoids beets and asparagus and doesn't like ice cream, mayonnaise or soda.

He eats at Topolobampo in Chicago where he likes the Sopa Azteca, a Mexican soup. Apparently the president also brags about his chili, and food.azcentral.com claims to have the recipe.

Here it is:

1 large onion, chopped  
1 green pepper, chopped  
Several cloves of garlic, chopped  
1 tablespoon olive oil  
1 pound ground turkey or beef  
1/4 teaspoon ground cumin  
1/4 teaspoon ground oregano  
1/4 teaspoon ground turmeric  
1/4 teaspoon ground basil  
1 tablespoon chili powder  
3 tablespoons red wine vinegar

Several tomatoes, depending on size, chopped

1 can red kidney beans

Saute onions, green pepper and garlic in olive oil until soft.

Add ground meat and brown.

Combine spices together into a mixture, then add to ground meat.

Add red wine vinegar.

Add tomatoes and let simmer, until tomatoes cook down.

Add kidney beans and cook for a few more minutes.

Serve over white or brown rice. Garnish with grated cheddar cheese, onions and sour cream.

ABC News also had the same recipe.

It appears the president isn't below a good chili dog.

Associated Press last month reported Obama ate at Ben's Chili Bowl in Washington, D.C., with Mayor Adrian Fenty.

They ordered the house specialty, Chili Half-Smoke, a quarter-pound pork and beef smoked sausage on a bun that comes with mustard, onions and chili sauce. Obama also had cheese fries and wanted more cheese.

"It was terrific," the president said.

I consider myself a man of the chili, too, but I'm also your humble scribe. So in the interest of fair play, here's Sen. John McCain's recipe for ribs, which I found on Rachel Ray's Web site.

3 racks of baby back ribs

Equal parts garlic powder, salt and pepper, combined in a shaker to make a rub

1 lemon, cut into wedges

Sprinkle the rub over the ribs. This can be done 8 hours to 1 day ahead of time.

Preheat grill to low.

Place the ribs on the grill, bone side-down. Add extra rub and squeeze lemon juice over ribs as they cook. Flip them once they're cooked through. The ribs will need to cook for at least 1 1/2-2 hours.

Another site says to cook the ribs bone side down most of the time because that makes it taste a lot better.

Apparently, Alaska Gov. Sarah Palin, McCain's running mate, likes moose stew, according to U.S. News and World Report. I'll pass on that one.

