

[ArmadilloPepper.com](http://ArmadilloPepper.com)

**LBJ Pedernales River Chili**

Ingredients

- 4 lb Venison, bite size OR Chuck, well trimmed, ground
- 1 lg Onion, chopped
- 2 Garlic cloves, minced
- 1 ts Oregano
- 1 ts Cumin seed
- 2 c Hot water
- 6 ts Chili powder
- 1 1/2 c Canned whole tomato
- 2 dashes Liquid [hot pepper sauce](#)
- Salt to taste

Instructions

- Place meat, onion and garlic in a large heavy skillet or Dutch oven.
- Cook until light colored. Add oregano, cumin, water, chili powder, tomatoes, hot pepper sauce (more or less to taste), and salt. Bring to a boil, lowering heat, and simmer for one hour. Skim off fat during cooking. AUTHOR'S NOTE: Even more fat can be removed if chili is stored in refrigerator, allowing fat to rise to the top and solidify, when it can be easily removed.

LBJ preferred venison in his chili, and so did his doctor, because it is so lean and fat-free. Ground beef heart is leaner still, and has a rich beef flavor with the added value of high Vit B content. This recipe was tailored to President Johnson after his first heart attack. Not only is it relatively fat-free, it calls for lean venison, when available. The local pronunciation of Pedernales is Purd-in-alice, and in this case local extends at least from Texas to Washington,D.C., to New York City.

*FROM: The Great American Chili Cookbook  
Courtesy of Meal-Master*

Return to [ArmadilloPepper.com](http://ArmadilloPepper.com) Recipes