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The Easiest, Healthiest Chili you Need to Make

March 9, 2020

By *Garrett Kelly, Staff Writer*

What you'll need:

Crockpot

Vegetable chopping knife

Cutting surface

Two forks

Ladle

Tupperware (probably)

Ingredients:

1-1 ½ containers of chicken or vegetable broth

2 chicken breasts

1 white onion

1 red pepper

1 15 oz can of tomato paste

1 15 oz can diced tomatoes

1 15 oz can of beans

1 teaspoon garlic

Salt

Pepper

Chili powder

Paprika

Cayenne powder

Onion powder

Garlic powder

A dash of cinnamon

(Optional pepper; jalapeno, chili, etc.)

Start off by prepping your onions and red pepper. I prefer a fine dice on my chili vegetables personally. Once you have your veggies chopped, put them to the side for a moment while we prepare the chicken. I cook practically all of my crockpot chicken this way now, as it's incredibly consistent and results in some of the most tender chicken you'll get to try. Place the chicken breasts at the bottom of the crockpot and add your broth on top. You want a decent amount of broth to submerge the chicken as much of the liquid will evaporate off during the cooking process.

Once your chicken is in its bath, we can begin adding all of our flavor additions. Add your chopped vegetables along with your cans of tomatoes and tomato paste. On top of that, add your seasonings and give it a nice stir until the liquid is homogenous. At this point, if you're interested in a more distinct flavor you can add an extra pepper for flavor to the dish. I have often used fresh jalapeno for this recipe and it is tasty, but, recently, I've taken to using two dried chilis. The smoky aftertaste and subtle heat of a dried pepper pairs really well with the strong tomato palate.

Set the crockpot to low for 8 hours. In my experience, the chili is fully ready to eat after 6 hours cooking, but the longer it sits the more flavors intermingle. At around 6 hours, grab two

forks because it's time to shred the chicken. Don't worry about pulling it out of the pot, just stick your forks into a breast and shred it. At this point the meat will be so tender and flakey it should just come apart at a light tug. Continue to shred the chicken and mix in until the chicken is evenly distributed into the liquid mixture.

Thirty minutes before serving, drain a can of black beans of excess liquid and add beans to the crockpot. Beans don't really need to cook, just heat up so you can throw them in at the end for best effect. Give it one final stir before plating and you're good to go. If you used a dried pepper, you might consider pulling it out before serving up as it doesn't make for the most pleasant bite.

You're almost certainly going to want to save what's left when you're done cooking, so sizable containers are a must too. I've been cooking chili for a long time but in trying to eat healthier, I've found it challenging to cut out my family's criminally easy chili from my kitchen rotation. So instead, I've adapted this lower fat, more heart healthy version.

For the flavor palate, with this dish you're going to experience a noticeable amount of heat but it shouldn't be overwhelming. The addition of the dash of cinnamon was something I discovered by accident, as with it the spice level becomes much less overwhelming. While normally I advocate spicing with reckless abandon, with this recipe less is more. Just a touch of cinnamon will be more than enough to achieve the desired, full up and down sweet and spicy ride of a good bite of chili.

Another family classic, I hope you enjoy!



KRCX Website Revamp

March 12, 2020

As of Friday, February 28th, 2020 the new KRCX Regis radio station website will be live at KRCX.org. Ever since the 2019 Techpocalypse: The Hackening, Regis' radio station has been in the dark zone and unable to stream to the college campus. Due to this, the KRCX staff has had the opportunity to take the downtime to completely rejuvenate and revitalize the website. The stream is still up in the air as the last strands of the tech crisis are still being resolved, and for that reason for the rest of the 2020 Spring semester until the streaming is back up and running KRCX is hoping to produce more fun content in the form of video content, giveaways, and fun events with the help of the Regis community throughout the coming months. So make sure to keep an eye on KRCX socials, come hang at the events, and most importantly, check the new website!

Instagram/twitter: @krcx

Website: krcx.org

My Coronavirus Experience: Where's the empathy?

March 19, 2020

By: Morgan Jacobus, *Staff Writer*

In the midst of this coronavirus pandemic, I can't help but marvel at how the people around me are reacting. I, personally, have not had too much worry about this situation, as I am not in the high risk demographic for contracting the disease. I have faith that we will work through the complications - as a country and as a college. However, I have gotten more and more concerned about the people around me. My apprehension began with people's reactions, concern, and expression of worry over this sudden change in daily life. It quickly escalated last week as people awaited the official guidelines. On Thursday, Regis finally released their highly anticipated decision regarding the virus. At that point, people's anxieties skyrocketed as the time without information lengthened, and their frustrations reached a breaking point. The frustrations only seemed to continue and exponentially increase as they released their frustrations on Regis' instagram post announcing their decision. Frankly, I was shocked and dumb-founded by the outpour of sheer *anger*.

Now, I am not saying I agree 100% with the way that the institution handled the situation, but I did not think that the student body handled it in the best way either. The blatant *attacks* that happened were so uncalled for, and were frankly immature. What shocked me even more was how I saw people I was friends with, including my roommate, all join in on this mob mentality. It was excessive and unnecessarily *aggressive*.

Not long after following the announcement, the university sent out an update declaring that they had revised their plan so that in-class meetings would be suspended for three days, and online classes would begin after that period. I believe this was a better course of action, due to the nature of the pandemic, however I think that this change was a result of RUSGA's address about the decision, not the hateful comments from various students. At least, I would like to believe that.

Now, fast forward a few days when I am able to come home, being fortunate enough to have my home not too far of a drive away. My mama and I bravely voyaged to none other than

Sam's Club. Never before had I seen such barren shelves at this store. People were grabbing anything they could get their hands on, whether or not it was what they were after originally. You could sense the sheer panic and frustration hanging in the air. Everyone was on edge. We somehow made it out alive, with some groceries in hand.

Seems like all over social media there are people posting about empty grocery shelves as more information about the virus circulated. I understand that being told to stay at home if you can for a few weeks can result in stocking up on some essentials, but the sheer volume and ferocity with which people chose to stock up was outrageous. I mean, is it necessary to buy out all of the toilet paper??

Once again I found myself in awe at people's behavior. I tried to practice understanding, like how I did with my college when they were having to handle a difficult situation, but I couldn't help but see a lack of empathy and kindness. Even grocery decisions aside, I was aghast at how many people weren't taking this situation seriously. While I didn't have many worries myself, I still understood the sheer urgency and importance of following government guidelines to *stay home*. The fact that they had to explicitly call out millennials to *avoid discretionary trips and social gatherings* made me so disappointed that that was what it had to come to.

I saw a post on Instagram recently that said how our elders were called to war to save lives, we are being called to sit on the couch to save theirs, which I think is important to keep in mind as we struggle through this change in our daily lives. Yes, I know there are some things you would rather be doing, but put it in perspective for a second: this is not for us, who are young enough and healthy enough to fight this disease, it is for the people who can't. And come on, I'm sure there are plenty of us who didn't need an excuse to stay home beforehand, so why not now? Make the best of the situation you are in; watch that show you haven't had time to watch, read some books, snuggle your dog, and do what you can to not make this situation worse.