



**The
Marijuana
cookbook
for cancer
patients**

ERNIE FRIEDMANN

The Marijuana Cookbook for Cancer Patients

by Ernie Friedmann

Preface

This cookbook is for cancer patients and their caregivers. Chemotherapy and radiation treatments often have a deadening effect on taste buds. I created these recipes in an effort to “wake up” my partner Dave’s chemotherapy-numbed sense of taste. They worked for Dave and maybe they’ll work for you, too. I hope so. Cancer patients *need* to eat.

In chemotherapy, chemicals are used to attack cancer, but the chemicals don’t discriminate very well so they also damage a lot of healthy non-cancerous cells. So the rest of Dave’s body was being poisoned right along with the cancer. His taste buds got fried in the process.

Since marijuana stimulates appetite and reduces nausea, I decided to try adding it to his food. Cooking marijuana seems to release more potency than smoking it. Dave’s oncologist prescribed the cannabinoid Marinol to stimulate his appetite, but Dave found it to be less effective than the natural marijuana buds, ground up and cooked in spicy dishes that awakened his taste buds and calmed his nausea and lifted his spirits. Of course it was vital for me to taste-test everything, so my spirits got lifted right along with Dave’s.

We have some fine memories of those days and we’d probably have more but there’s definitely short-term memory loss associated with marijuana use. Along with silliness, and a lack of coordination, and slowed reaction times. Please don’t eat any of these dishes if you plan to drive a motor vehicle or operate a chainsaw within the next eight hours. Seriously. Cooking marijuana produces a much more persistent high than smoking it.

Since many of these dishes are *very* spicy (both to stimulate taste buds and to disguise the “weedy” taste of cooked marijuana) they are not suitable for patients with mouth sores; if you have them, reduce the spices and/or add cream or sour cream.

It also bears noting that I’m neither a doctor nor a nutritionist. I haven’t a clue whether these dishes are particularly “healthy.” What I *do* know is, they tempted Dave’s taste buds and helped him eat at a time when it was important to keep his

strength up. Even so, you should check with your oncologist and/or nutritionist before feeding these dishes to *your* loved one if you have any doubts. Everyone is different and every cancer is different.

I use medical-grade marijuana for cooking. Small amounts are quite potent and affect the food's taste and texture much less than large amounts of less-potent strains. If you don't have access to medical marijuana, by all means use commercial grade or "reggie," just more of it. Use a mortar and pestle or a coffee grinder to grind the marijuana. The finer you grind it, the faster it cooks and the more tetrahydrocannabinol (THC) is released. That's the stuff that makes you feel good and stimulates your appetite.

Grampa Pedro's Old Clothes

Ropa Vieja (“old clothes” in Spanish), is a favorite in Little Havana!

Ingredients:

1 (15 ounce) can crushed tomatoes

1 gram marijuana, finely ground

3 tablespoons ketchup

1 tablespoon apple cider vinegar

3 cloves garlic, minced

2 teaspoons ground cumin

1 jalapeno pepper, thinly sliced (with seeds)

$\frac{3}{4}$ teaspoon salt

1 $\frac{1}{2}$ pounds flank steak or skirt steak

2 bell peppers, cut into $\frac{1}{2}$ -inch thick strips

1 medium onion, thinly sliced

3 tablespoons chopped pimiento-stuffed green olives, plus 1 tablespoon brine from the jar

Cooked white rice, for serving

Directions:

1. Combine the tomatoes, marijuana, ketchup, vinegar, garlic, cumin, jalapeno and salt in a 6-quart slow cooker. Add the steak, bell peppers and onion. Toss to coat. Cover and cook, undisturbed, on low, for 8 hours.
2. Uncover; skim off any excess fat. Shred the meat coarsely with 2 forks. Stir in the chopped olives and olive brine. Serve over rice. Makes 8 servings.

420 Crabmeat Casserole

Crabmeat enthusiasts will enjoy this delectably rich breakfast dish! Claw meat yields a slightly “crabbier” flavor than white meat, but either works very well.

Ingredients:

6 slices sandwich bread, torn into pieces

½ cup water

1 tablespoon olive oil

1 medium yellow onion, chopped

1 green bell pepper, chopped

2 stalks celery, chopped

2 cloves garlic, minced

1 gram marijuana, finely ground

8 ounces sharp Cheddar cheese, shredded

1 pound lump crabmeat

2 large eggs

2 tablespoons Worcestershire sauce

½ cup sour cream

salt and pepper to taste

Directions:

1. Place bread in a bowl with $\frac{1}{2}$ cup water; let stand for 15 minutes. Put the oil in a skillet and saute onion, bell pepper, celery, garlic, and marijuana over medium fire until tender.
2. Stir shredded cheese into bread and water mixture. Stir in sauteed vegetables and crab meat.
3. In a mixing bowl beat the eggs, Worcestershire sauce, sour cream, and salt and pepper. Stir into crabmeat mixture.
4. Transfer into a 2-quart baking dish and bake in a 350°F oven for 35 minutes. Makes 8 servings.

Ganja Garlic Soup

The prep work isn't quick but once you get the garlic peeled the worst part's over and the rest is easy. The result is a richly luscious soup that's well worth the effort of all that peeling! My Mom would make this (sans marijuana) during cold-and-flu season when we were kids. She called it "Hungarian penicillin." She'd put the unpeeled cloves into large twin pots that she pressed together rim-to-rim to form a chamber containing the garlic, which she held over her head and shook vigorously; a 30-second process that made a hellish racket and in which the cloves were miraculously de-skinned. I haven't the knack; when I try to do it it only scares the dog and bruises the garlic.

Ingredients:

1 large head of fresh garlic, cloves separated, peeled, and finely chopped

¼ gram marijuana, finely ground

2 tablespoons olive oil

1 (14 ½ ounce) can chicken broth (regular, low-fat, or reduced sodium)

1 tablespoon cornstarch, mixed with a little water to the consistency of a thin paste

salt and pepper to taste

Directions:

1. Microwave garlic and marijuana in oil in 15-second increments on “High” power, checking and stirring until the garlic is soft but not burnt.
2. When the garlic is soft add the chicken broth and stir in the cornstarch mixture to thicken, then microwave until it’s hot, about 90 seconds, stirring every 30 seconds. Serve hot, with salt and pepper to taste. Makes 2 servings.

Cheech and Chong Chicken Soup

A hearty, irresistibly zingy soup that's quick and easy to make using a microwave to do most of the cooking, then finishing with an hour or two in the crockpot.

Ingredients:

5 frozen boneless skinless chicken breast halves, about 1 ½ to 2 pounds

5 tablespoons salt

2 tablespoons cumin

1 tablespoon turmeric

1 (28 ounce) can diced tomatoes, undrained

1 (28 ounce) can Rotel Original diced tomatoes and green chilies, undrained

3 medium yellow onions, chopped

1 entire bunch celery. Chop up the stalks into bite-sized chunks, and mince the leaves.

1 clove garlic, minced

1 gram marijuana, finely ground

2 tablespoons extra virgin olive oil

1 cup water

¾ cup instant white rice

8 cups hot water

Directions:

1. Microwave the frozen chicken on “High” power setting in a covered dish until done, about 10 minutes.
2. Cut the chicken into bite-sized pieces and put it and any broth into a 6-quart slow cooker. Add the salt, cumin, turmeric and both cans of the tomatoes.
3. Microwave the celery, onion, garlic, marijuana, olive oil and a cup of water in a covered dish until the celery starts to soften, about 10 minutes, stirring once.
4. Add the celery mixture, rice, and hot water to the slow cooker, stir it all up, cover and cook on high for 1 hour after it starts to boil, then turn off the slow cooker and serve. The celery should still be a little crunchy. What you don't eat today you can refrigerate for tomorrow or freeze for up to six months.

Bob Marley's Beer-Braised Chicken Breasts

Red Stripe beer and marijuana lend this Irish favorite a dash of Caribbean flair!

Ingredients:

¼ cup plus 3 tablespoons all-purpose flour, divided

½ teaspoon salt, plus more to taste

½ teaspoon ground black pepper, plus more to taste

1 to 1 ½ pounds boneless, skinless chicken breasts

2 tablespoons olive oil

1 bacon slice, chopped into ¼-inch pieces

½ gram marijuana, finely ground

1 medium yellow onion, diced

½ cup baby carrots

1 cup fresh mushrooms, sliced

1 (12 ounce) bottle Red Stripe beer

1 (14 ½ ounce) can chicken broth

1 cup frozen baby lima beans

Directions:

1. In a shallow dish, combine $\frac{1}{4}$ cup of flour with $\frac{1}{2}$ teaspoon each of salt and black pepper. Dredge chicken thighs in flour mixture to coat completely, then set on a plate.
2. In a large nonstick skillet over medium-high fire, heat olive oil. Add chicken and cook until browned, about 4 minutes per side. Transfer to a clean plate and set aside.
3. Add bacon and marijuana to skillet and cook, stirring often, for 3 minutes. Add onion, carrots and mushrooms and saute until vegetables begin to brown, about 4 minutes. Sprinkle remaining 3 tablespoons flour over vegetables and cook, stirring constantly, for another 3 minutes.
4. Add beer and chicken broth to skillet and bring to a boil, using a wooden spoon to scrape up any browned bits from bottom of skillet. Return chicken breasts to skillet, nestling them among vegetables. Reduce heat until liquid is simmering gently, then cover and cook for 15 minutes.
5. Add baby lima beans and cook, covered, for 5 minutes more. Uncover and simmer for 5 minutes more. Season with salt and pepper and serve chicken with vegetables and sauce spooned over the top. Makes 4 servings.

Locoweed Layered Mexican Casserole

Inexpensive, vegan, nutritious, and yummy!

Ingredients:

1 (16 ounce) can refried beans

1 tablespoon chili powder

1 packet fajita seasoning

2 tablespoons olive oil

1 gram marijuana, finely ground

2 yellow onions, chopped

1 bell pepper, chopped

6 cloves garlic, minced

1 (16 ounce) jar Herdez Salsa Casera - Medium or Hot

corn or flour tortillas

Directions:

1. Mix together beans, chili powder and fajita seasoning.
2. Saute marijuana, onions, bell pepper, and garlic in oil until onions are soft and translucent.
3. Spread about $\frac{1}{3}$ of the salsa onto the bottom of a lasagna pan, then put a layer of tortillas over the salsa, overlapping the tortillas to cover salsa completely. Spread a layer of refried bean mixture evenly over the tortillas, then put a layer of the onion and bell pepper mixture over the beans. Add a layer of salsa, then tortillas, then veggies.
4. Repeat until all ingredients are in the pan, then bake for 20 minutes or so in a 350°F oven. Makes about six servings.

Sausage, Broccoli and Laughing-Grass Casserole

Quick and easy comfort food! Most of the cooking is done in the microwave, and the slow cooker is used to finish it off.

Ingredients:

1 gram marijuana, finely ground

4 cups instant white rice

4 cups water

1 (23 ounce) can cream of mushroom condensed soup

1 pound bulk hot sausage

crushed red pepper flakes to taste

1 (14 ounce) bag frozen broccoli florets

$\frac{1}{4}$ cup water

Directions:

1. Add marijuana to rice and water, microwave uncovered until boiling, about 5 minutes. Stir with a fork, cover, and set aside.
2. While the rice is cooking, put the soup in a 6-quart slow cooker, set to low. Microwave sausage in a covered dish until no longer pink, stirring occasionally to break into bite-sized chunks, about 6 minutes. When the grease starts to puddle, add some red pepper flakes if you want more heat. When the sausage is done, drain off the grease and stir it into the soup in the crockpot.
3. Microwave the frozen broccoli in a covered dish with $\frac{1}{4}$ cup of water, stirring every few minutes until done, about 8 minutes. Drain, and add to the slow cooker.
4. Stir the marijuana-rice into the slow cooker, cover, adjust power setting to medium and do something else for 30 minutes. When you come back, turn off the slow cooker and start eating. Makes 8 servings.

Pork Chops and Spanish Rice with Wacky-Tobacky Hot Sauce

Tender pork chops. Tasty Spanish rice. Tangy hot sauce. Heaven on a plate!

Ingredients:

2 tablespoons olive oil

4 large boneless, thick-cut pork chops, trimmed of fat and cut in half

2 yellow onions, chopped

1 bell pepper, chopped

1 (28 ounce) can diced tomatoes, undrained

1 cup uncooked white rice

½ cup water

salt and black pepper to taste

2 tablespoons olive oil

1 gram marijuana, finely ground

6 tablespoons Louisiana-style hot pepper sauce

Directions:

1. Using a Dutch oven, brown the chops in olive oil. Remove meat and set aside, then saute the onions and bell pepper in the pan drippings. Add tomatoes, rice and water and bring to a boil. Put the browned chops on top, add salt and pepper, cover and reduce heat. Simmer for 20 - 30 minutes, until the rice is done and the pork is very tender.
2. While the meat and rice are cooking, saute the marijuana gently in a tablespoon of olive oil, then stir in hot sauce and heat through. Serve each chop on a bed of Spanish rice, topped with a tablespoon of hot sauce.
Makes 8 servings.

Sriracha Stickybud Catfish Chowder

Dave usually won't eat fish but he freakin' loves this chowder! I didn't tell him it had fish in it the first time I made it, and he scarfed it down like a man coming off a three-day fast.

Ingredients:

2 tablespoons olive oil

2 yellow onions, diced

2 carrots, diced

1 gram marijuana, finely ground

¼ cup olive oil

1 zucchini, diced

6 cloves garlic, minced

1 (12 fluid ounce) bottle beer

3 tablespoons Old Bay seafood seasoning

3 tablespoons dried parsley

2 tablespoons Sriracha chile-garlic sauce

½ cup white wine

1 tablespoon salt

1 teaspoon dried oregano

black pepper to taste

2 pounds of catfish filets (or any mild-flavored fish), cut into bite-sized pieces

2 (14 ½ ounce) cans stewed tomatoes, undrained

2 cups water

1 (12 ounce) can whole kernel corn, drained

Directions:

1. Heat 2 tablespoons of olive oil in a skillet, add onions and carrots and saute about 2 minutes, add marijuana and cook for another minute, then add $\frac{1}{4}$ cup of olive oil, the zucchini and the garlic and cook until vegetables are tender, about another 6 or 7 minutes.
2. Transfer vegetable mixture to a 6-quart slow cooker and stir in remaining ingredients; cover and cook on high for 1 hour, then on low for an additional 2-3 hours. Stir to break up fish chunks and serve. Makes 8 servings.

Spicy Portuguese Kush and Kale Soup

Kale is very good for you, with lots of beta carotene, vitamin K, vitamin C and calcium. On its own it's not the tastiest stuff in the world, but this delightful soup makes "good for you" taste terrific!

Ingredients:

8 ounces spicy Italian sausage or turkey sausage, casings removed

2 ounces sliced pepperoni, cut into slivers

1 large yellow onion, quartered and thinly sliced

2 celery stalks, coarsely chopped

1 gram marijuana, finely ground

4 cups chicken broth

4 cups water

8 ounces fresh kale, thick stems removed and leaves chopped

1 bell pepper, chopped

2 cloves garlic, minced

16 ounces potatoes, diced

1 tablespoon Louisiana-style hot pepper sauce

1 teaspoon salt

1 (15.5 ounce) can garbanzo beans, drained and rinsed

1 (15.5 ounce) can dark red kidney beans, drained and rinsed

grated Parmesan cheese

Directions:

1. Crumble the sausage in a heavy soup pot or Dutch oven over medium-low fire. Cook, stirring frequently, until no longer pink, about 4 minutes. Add the pepperoni and cook until the fat is rendered, about 3 minutes. Transfer to a paper towel-lined plate to drain and discard all but 2 tablespoons of the pan drippings.
2. Add the onion, celery, and marijuana. Turn down the heat, cover and cook, stirring occasionally, until the vegetables are soft, about 10 minutes. Return the sausage and pepperoni to the pot, add the broth, water, kale, bell pepper, and garlic. Bring to a boil, then reduce heat, cover, and simmer for 10 minutes.
3. Stir in the potatoes, pepper sauce, and salt. Cover and simmer until the potatoes and kale are tender, about 20 minutes. Add the beans and simmer until heated through, about 10 minutes. Garnish each serving with Parmesan cheese. Makes 8 servings.

Mary Jane's Stewed Again Oyster Stew

What a wonderful way to get your zinc and omega-3 fatty acids!

Ingredients:

3 cups water

1 large potato, peeled and diced

1 gram marijuana, finely ground

¼ cup olive oil

⅓ cup all-purpose flour

⅓ cup water

2 (8 ounce) cans oysters with liquid

3 cups whipping cream

1 cup sliced mushrooms

¾ cup powdered milk

4 teaspoons salt

4 teaspoons Worcestershire sauce

water, as needed

Directions:

1. Combine 3 cups water, diced potatoes, and marijuana in Dutch oven over medium heat; bring to a boil and cook until potatoes are soft, about 5 minutes.
2. Stir in the olive oil and cook an additional 5 minutes.
3. Whisk together the flour and $\frac{1}{3}$ cup water in a small mixing bowl until smooth; stir into the potato mixture.
4. Mix the oysters with their liquid, whipping cream, mushrooms, powdered milk, salt, and Worcestershire sauce into the potato mixture and cook until warmed through, about 10 minutes. Thin with more water if needed, adding water in $\frac{1}{4}$ cup increments and stirring continually, until you reach the consistency you want. Makes 8 servings.

Vegan Mexican Wacky Weed Stew

No meat is no problem when you serve this delicious vegan stew. A hearty spicy dish that satisfies and delights!

Ingredients:

5 medium potatoes, peeled and cubed

2 carrots, diced

2 stalks celery, diced

5 cups water

4 cubes vegetable bouillon

2 tablespoons olive oil

1 large yellow onion, diced

5 cloves garlic, minced

1 gram marijuana, finely ground

1 tablespoon chili powder

1 tablespoon cumin

1 teaspoon turmeric

2 tablespoons salt

1 (29 ounce) can hominy, undrained

1 (28 ounce) can Rotel Original diced tomatoes and green chilies, undrained

salt and pepper to taste

fresh cilantro, chopped

Directions:

1. Put the potatoes, carrots, and celery in a pot with enough lightly salted water to cover, and bring to a boil. Cook about 10 minutes, until slightly tender, then drain and set aside.
2. Put the 5 cups water and vegetable bouillon cubes in a pot. Bring to a boil, and cook until bouillon cubes have dissolved, then remove from heat and set aside.
3. In a large pot, saute the onion, garlic and marijuana in olive oil until tender. Season with chili powder, cumin, and salt. Add the potatoes, carrots, and celery. Cook and stir about 2 minutes, until heated through. Mix in the water and dissolved bouillon cube mixture, hominy, and diced tomatoes with green chiles. Bring to a boil, reduce heat, and simmer 45 minutes. Season with salt and pepper to taste. Garnish with chopped cilantro. Makes 8 servings.

Very Baked Fish

This quick marinade makes any fish fabulous!

Ingredients:

1 pound fish fillets

2 tablespoons mayonnaise

Juice of 1 lemon

1 teaspoon prepared mustard

½ teaspoon sugar

1 teaspoon Worcestershire sauce

½ gram marijuana, finely ground

1 small yellow onion, minced

1 clove garlic, minced

Pinch of cayenne pepper

Paprika

Directions:

1. Rinse fish and pat dry. Arrange fillets in a rectangular baking dish coated with margarine or non-stick spray.
2. In a small bowl, mix together remaining ingredients except paprika. Spread mayonnaise mixture over fillets and allow to marinate for 30 minutes.
3. Sprinkle with paprika. In a 500°F oven, bake for 10 to 15 minutes or until fish flakes easily with a fork. Makes 4 servings.

Hungry Hippy Hungarian Goulash

Even the cheapest cuts come out very tender in this spicy take on beef stew!

Ingredients:

1/3 cup olive oil

3 yellow onions, thinly sliced

1 gram marijuana, finely ground

2 tablespoons Szeged hot Hungarian paprika

2 teaspoons salt

1/2 teaspoon black pepper

3 pounds stew beef, cut into 1 inch chunks

1 (6 ounce) can tomato paste

2 cups water

3 tablespoons Worcestershire sauce

2 cloves garlic, minced

1 teaspoon salt

cooked white rice

sour cream

Directions:

1. In a large pot or Dutch oven, cook onions and marijuana in oil over medium heat until soft, stirring frequently, then remove onions and set aside.
2. Combine paprika, 2 teaspoons salt and pepper in a bowl. Coat beef chunks in spice mixture, and cook in onion pot until brown on all sides, then return the onions to the pot, and pour in tomato paste, water, Worcestershire sauce, garlic and the remaining 1 teaspoon salt. Reduce heat to low, cover and simmer, stirring occasionally, about 2 hours, or until meat is tender. If goulash becomes too thick, add more water. Serve over rice, each serving garnished with a dollop of sour cream. Makes 8 servings.

Passionate Pot Tea

Passionflower tea has a mildly sedative effect which marijuana enhances. If you don't have a passion flower vine, you can purchase passionflower tea bags online, or at a health-food store. If you have access to fresh passionflower, you'll need twice as much as when using dried. You can use any parts of the plant that grow above ground; leaves, stems, flowers and fruits. Perfect for your 4:20 break, any time!

Ingredients:

4 cups water

½ gram marijuana, finely ground

4 tea bags Alvita Passionflower tea or 1 cup chopped fresh passion flower leaves

honey to taste

Directions:

1. Heat water to boiling, add marijuana and simmer for 2 minutes. Remove from heat.
2. Add tea bags or chopped leaves. Steep for 10 minutes.
3. Pour liquid through a tea-strainer or cheesecloth into serving cups, and sweeten with honey to taste. Makes 4 servings.

Hemp! Hemp! Hooray! Microwave Frittata

Quick, tasty, and loaded with protein. And pot!

Ingredients:

1 tablespoon olive oil

1 cup cubed cooked ham

½ cup chopped onion

½ cup chopped bell pepper

½ gram marijuana, finely ground

4 eggs, beaten

salt and pepper to taste

½ cup chopped tomatoes

Directions:

1. Pour oil into a microwave-safe 9-inch pie plate. Add ham, onion, bell pepper and marijuana. Cover and cook on high for 2 minutes.
2. Stir in eggs, salt, and pepper. Cover and cook on high 2 to 3 minutes or until a knife inserted near the center comes out clean. Let stand, covered, for 3 minutes or until completely set. Cut into wedges and garnish with chopped tomatoes. Makes 4 servings.

Bruce Banner's Brunswick Stew

Easier to make than falling off a log. One serving, and you'll feel like the Hulk!

Ingredients:

6 pounds chicken thighs

1 gram marijuana, finely ground

3 medium potatoes, peeled and diced

2 large yellow onions, diced

4 cups (32 oz frozen) corn kernels

2 (28 ounce) cans whole tomatoes, undrained

3 teaspoons salt

2 cups (16 oz frozen) lima beans

1 teaspoon pepper

1 tablespoon sugar

Directions:

Combine all ingredients in 6-quart slow cooker, cover and cook on high until bubbly, then simmer on low until chicken is tender and falling from the bone, about 4 to 6 hours. Makes 8 to 10 servings.

Spaced-Out Spanish Chicken with Lemon Rice

Another mouth-watering, easy-to-make recipe! 10 minutes of prep work, then toss it in the slow cooker and go about your business.

Ingredients:

1 gram marijuana, finely ground

2 packets taco seasoning

2 cloves garlic, minced

salt and pepper to taste

¼ cup olive oil

1 (28 ounce) can diced tomatoes

2 bell peppers, cut into 1-inch pieces

1 yellow onion, sliced into thick pieces

1 (4 pound) bag frozen chicken thighs

2 bags boil-in-bag white rice

1 teaspoon crushed red pepper flakes

Juice of 2 lemons, divided

½ cup Spanish-style pimiento-stuffed green olives

Directions:

1. Stir together the marijuana, taco seasoning, salt, pepper, olive oil, tomatoes, peppers and onions in a 6-quart slow cooker. Top with the chicken thighs, cover and cook on low for 4 hours or until the chicken is very tender.
2. Cook the rice, adding to the water the red pepper flakes, the juice of 1 lemon and a pinch of salt.
3. To serve, ladle chicken and vegetables over rice. Garnish each serving with olives and a squeeze of lemon juice. Makes 8 servings.

Savory Apples and Onions with Kindbud

An old Virginia dish enjoyed by the Jamestown colonists. Friendly Native Americans of the eastern-Agonquian tribe suggested adding marijuana to the recipe, and a star was born! Serve as a dessert, a light stand-alone snack, or with rice or beans for a complete meal.

Ingredients:

4 Granny Smith apples, washed and chopped in $\frac{3}{4}$ -inch cubes

2 large sweet yellow onions, coarsely chopped

$\frac{1}{4}$ gram marijuana, finely ground

2 tablespoons olive oil

salt

cumin

balsamic vinegar

Directions:

Saute apples, onions, and marijuana in olive oil in a cast-iron skillet over medium heat, adding occasional dashes of salt, cumin, and balsamic vinegar. Add more olive oil as needed. When the onions are translucent, you're done. Makes 2 servings.

Crock-Pot Pot Chili

A few minutes' prep time, then dump it in the slow cooker and think about how good it's gonna taste in a coupla hours!

Ingredients:

1 pound ground turkey

1 pound bulk hot sausage

1 gram marijuana, finely ground

1 can (28 ounce) diced tomatoes, undrained

3 (15 ounce) cans dark red kidney beans, undrained

1 (15 ounce) can black beans, undrained

1 packet mild or hot chili seasoning

1 bell pepper, chopped

1 onion, chopped

shredded cheese

Directions:

1. Brown ground turkey and sausage in a saucepan. Drain off grease and put in a 6-quart slow cooker.
2. Stir in marijuana, tomatoes, beans, chili seasoning, bell pepper and onion. Cover and cook on high until peppers and onions are semi-soft, about 1½ to 2 hours. Garnish with shredded cheese, if desired. Makes 8 servings.

Garlicky Italian Stoned Chicken

Oh, so easy and you won't believe the flavor!

Ingredients:

4 pounds chicken thighs, skinned

1 (14 ½ ounce) can chicken broth

1 (28 ounce) can diced tomatoes, undrained

1 packet dry Italian salad dressing mix

1 gram marijuana, finely ground

2 cups fresh mushrooms, chopped

1 medium yellow onion, chopped

12 or more cloves garlic, minced (use an entire bulb)

Directions:

Stir together all ingredients in a 6-quart slow cooker. Cook on high for 1 hour, then on low for an additional 2 or 3 hours, until chicken is falling-off-the-bone tender. Makes 8 servings.

Reefer Madness Slow-Cooked Chicken Cacciatore

You'll be surprised something so easy tastes so good!

Ingredients:

½ teaspoon salt

¼ teaspoon ground black pepper

1 (4 pound) bag frozen chicken thighs

2 tablespoons olive oil

1 gram marijuana, finely ground

1 yellow onion, chopped

6 stalks celery, chopped

3 cloves garlic, minced

1 bell pepper, chopped

1 (28 ounce) can diced tomatoes, undrained

1 tablespoon dried Italian herbs

½ cup red wine

2 cups fresh mushrooms, chopped

salt and pepper to taste

cooked white rice

Directions:

Combine all ingredients in 6-quart slow cooker, cover and cook for 1 hour on high, then 2-3 hours on low until chicken is very tender and falling off the bone. Serve over rice. Makes 8 servings.

Drunk and Stoned Sausages and Sauerkraut

Polka, anyone?

Ingredients:

1 gram marijuana, finely ground

2 large yellow onions

12 ounces very small new potatoes, cut in half

4 medium carrots, cut into ½-inch pieces

2 pounds smoked cooked bratwurst, knockwurst or kielbasa, cut into 2-inch pieces

1 (12 ounce) bottle amber lager beer

1 (14 ½ ounce) can chicken broth

1 teaspoon paprika

1 teaspoon caraway seeds

1 teaspoon cracked black peppercorns

2 (16 ounce) cans sauerkraut, rinsed and drained

4 cups hot cooked egg noodles

prepared mustard

Directions:

1. Place the marijuana, onion, potatoes and carrots in a 6-quart slow cooker. Top with sausages, then add the beer, chicken broth, paprika, caraway seeds, and pepper. Top with sauerkraut.
2. Cover and cook on high for 1 hour, then on low for an additional 4-5 hours.
3. Use a slotted spoon to transfer sausage and vegetable mix to a serving dish, and serve over noodles drizzled with cooking liquid and mustard. Makes 8 servings.

Dona Juanita's Nacho Cheese Chicken Chowder

Who says it ain't easy being cheesy?

Ingredients:

1 gram marijuana, finely ground

1 ½ pounds boneless, skinless chicken breasts, cut into ½-inch pieces

3 (14 ½ ounce) cans Mexican style stewed tomatoes, undrained

2 (10 ½ ounce) cans condensed nacho cheese soup

2 (10 ounce) packages frozen whole kernel corn

shredded taco cheese

Directions:

1. Stir together marijuana, chicken, tomatoes, soup, and corn in a 6-quart slow cooker.
2. Cover and cook on high for 1 hour, then on low for 2 to 3 hours. Garnish with cheese. Makes 8 servings.

Stir-Fried Beef and Noodles with Marijuana

If you don't have a wok, a large skillet or Dutch oven will do just as well.

Ingredients:

1 (3 ounce) package beef-flavored ramen noodles

8 ounces beef sirloin steak, $\frac{3}{4}$ inch thick

2 tablespoons olive oil

1 medium carrot, thinly sliced

1 stalk celery, thinly sliced

$\frac{1}{4}$ gram marijuana, finely ground

1 (6 ounce) package frozen snow pea pods, thawed

$\frac{1}{4}$ cup water

2 tablespoons soy sauce

$\frac{1}{2}$ teaspoon ground ginger

$\frac{1}{4}$ teaspoon crushed red pepper flakes

Directions:

1. Cook the ramen noodles according to package directions, except drain the noodles and reserve the seasoning packet.
2. Trim any fat from the steak and cut into thin, bite-sized strips. Set aside.
3. Pour the olive oil into a wok or large skillet, heated over a medium-high fire. (Add more oil as needed during cooking.) Add carrot, celery, and marijuana and stir-fry for 2 or 3 minutes, until vegetables are crisp-tender. Remove vegetables from skillet.
4. Add the steak strips to the hot skillet and stir-fry for 2 or 3 minutes, or to desired doneness. Return the carrot-and-celery mixture to the skillet, stir in the cooked noodles, reserved seasoning packet, pea pods, water, soy sauce, ginger and crushed red pepper. Cook over medium fire until heated through, stirring often. Makes 2 servings.

Cannabis Cubed Steaks with Mushrooms and Tomatoes

Cubed steaks are an economical meat choice, but they can be a bit tough. Cooking the meat in liquid makes it moist and tender!

Ingredients:

2 tablespoons olive oil

4 (4 ounce) beef cubed steaks

1 cup sliced fresh mushrooms

1 medium yellow onion, chopped

2 cloves garlic, minced

$\frac{1}{4}$ gram marijuana, finely ground

1 (14 $\frac{1}{2}$ ounce) can Italian-style diced tomatoes with basil, garlic and oregano, undrained

1 (10 $\frac{3}{4}$ ounce) can condensed cream of mushroom soup

4 cups hot cooked egg noodles

Directions:

1. Heat oil in a large skillet over a medium-high fire. Add steaks, and cook until browned on both sides, turning once. Remove steaks from skillet. Add mushrooms, onion, garlic, and marijuana to skillet and cook until onions are tender.
2. Stir in undrained tomatoes and soup and return steaks to skillet, turning to coat with sauce. Bring to a boil, then reduce heat and simmer, covered, about 30 minutes or until meat is tender. Serve over egg noodles. Makes 2 servings.

Texican Beefy Reefer Mac-n-Cheese

A zesty, hearty dish that pairs nicely with a side of steamed veggies for a complete meal!

Ingredients:

6 ounces (or about 1 ½ cups) dried elbow macaroni

olive oil

12 ounces lean ground beef or ground turkey

1 (15 ounce) can tomato sauce

1 (14 ½ ounce) can Mexican-style stewed tomatoes, undrained

¼ gram marijuana, finely ground

1 tablespoon chili powder

6 ounces sharp Cheddar cheese, shredded

Directions:

1. Cook macaroni in a 3-quart saucepan, following package directions. Drain in a colander then return to saucepan to keep warm. Toss with a little oil to keep noodles from sticking together.
2. Cook meat in a skillet over medium fire until browned. Drain off the grease and return meat to skillet.
3. Stir tomato sauce, undrained tomatoes, marijuana and chili powder into ground meat. Bring to a boil, reduce heat and simmer for 10 minutes, then stir in the cheese and cooked macaroni. Cook and stir until cheese is melted. Makes 2 servings.

Dopey Shepherd's Pie

Hearty, satisfying pub fare!

Ingredients:

2 pounds lean ground beef or turkey

2 (16 ounce) packages frozen stew vegetables

4 tablespoons Worcestershire sauce

1 gram marijuana, finely ground

2 (8 ounce) packages shredded sharp Cheddar cheese

½ cup fresh Italian (flat-leafed) parsley, chopped

½ teaspoon salt

¼ teaspoon ground black pepper

4 cups instant mashed potato flakes

4 cups boiling water

4 tablespoons butter or margarine, melted

salt and pepper

Directions:

1. Cook ground meat in a large skillet over medium-high fire until browned; drain off grease. Stir in frozen vegetables, Worcestershire sauce, and marijuana. Cook and stir until heated through, about 10 minutes. Stir in half the cheese, half the parsley, the $\frac{1}{2}$ teaspoon salt and the $\frac{1}{4}$ teaspoon pepper.
2. Combine potato flakes, boiling water, and 2 tablespoons of melted butter in a large bowl. Stir until smooth. Season with salt and pepper to taste and set aside.
3. Spoon beef mixture into a large casserole. Top with potatoes and sprinkle with remaining cheese. Broil 3 inches from heat for 3 or 4 minutes, or until cheese is melted. Drizzle with remaining 2 tablespoons of butter and sprinkle with remaining parsley. Makes 8 servings.

High Times Mexican Meal in a Skillet

If you can't find chorizo, use hot Italian sausage instead.

Ingredients:

1 pound chorizo sausage

1 gram marijuana, finely ground

3 (15 ounce) cans whole kernel corn, drained

1 (14 ½ ounce) can diced tomatoes, undrained

1 ½ cups uncooked instant rice

¾ cup water

2 tablespoons chili powder

1 teaspoon ground cumin

2 (15 ounce) cans dark red kidney beans, drained

1 cup shredded Mexican-blend cheese

Directions:

1. Remove casings from sausage. Cook in a large skillet over medium fire for 10 minutes or until browned. Drain off grease and set aside.
2. Add marijuana, corn, tomatoes, uncooked rice, water, chili powder and cumin to skillet. Bring to a boil, reduce heat, cover and simmer for 5 minutes or until liquid is absorbed and rice is tender. Stir in the beans and cooked sausage and continue cooking gently until heated through. Sprinkle with cheese, cover, and remove from fire. Allow to stand for 2 or 3 minutes until cheese melts slightly. Makes 8 servings.

Sausage, Beans, and Kale with Happy Herb

Kale is loaded with vitamins, and this dish is loaded with flavor. One bowl and you'll be loaded too!

Ingredients:

1 pound hot Italian sausage links, cut into ½-inch pieces

2 medium yellow onions, chopped

1 gram marijuana, finely ground

4 (15 ounce) cans cannellini (white kidney beans), drained

4 cups chopped fresh kale leaves (remove thick stems before chopping)

2 (14 ½ ounce) cans chicken broth

2 teaspoons dried thyme, crushed

½ cup finely shredded Parmesan cheese

Directions:

1. In a large Dutch oven or soup pot, cook sausage and onion over medium fire until onion is tender, about 5 minutes. Drain off the grease.
2. Add marijuana, beans, kale, chicken broth, and thyme to sausage mixture and bring to a boil. Reduce heat, cover, and simmer for ten minutes. Ladle into serving bowls and sprinkle with Parmesan cheese. Makes 8 servings.

High Pork, Lo Mein

No lo mein noodles in your pantry? Use thin spaghetti instead.

Ingredients:

1 ½ pounds lean ground pork

4 cups sliced fresh mushrooms

4 medium carrots, shredded (about 2 cups)

1 bell pepper, cut into bite-sized strips

4 cloves garlic, minced

1 gram marijuana, finely ground

2 tablespoons cornstarch

1 (14 ½ ounce) can chicken broth

2 tablespoons soy sauce

2 teaspoons grated fresh ginger

½ teaspoon crushed red pepper flakes

½ teaspoon curry powder

8 ounces dried lo mein or thin spaghetti noodles, cooked and drained (about 4 cups cooked)

2 (15 ounce) cans bean sprouts, drained

8 green onions, sliced (about 1 cup)

Directions:

1. In a Dutch oven, cook pork, mushrooms, carrots, bell pepper and garlic until meat is no longer pink and veggies are tender. Drain of the grease.
2. Stir marijuana and cornstarch into meat-and-vegetable mixture. Stir in chicken broth, soy sauce, ginger, crushed red pepper flakes, and curry powder. Cook and stir until thick and bubbly.
3. Stir in cooked noodles, sprouts, and green onions and cook and stir until thoroughly heated. Makes 8 servings.

Buzzed Pumpkin Soup

A quick soup that's perfect for autumn!

Ingredients:

1 tablespoon olive oil

$\frac{3}{4}$ gram marijuana, finely ground

1 medium yellow onion, finely chopped

1 clove garlic, minced

1 (15 ounce) can pumpkin

2 (14 $\frac{1}{2}$ ounce) cans chicken broth

$\frac{1}{2}$ cup milk

salt and pepper to taste

sour cream

Directions:

1. In a Dutch oven, heat oil over medium fire. Saute marijuana, onion, and garlic until vegetables are tender, about 5 minutes.
2. Add the pumpkin. Gradually stir in the chicken broth and milk; season with salt and pepper. Cook about 5 minutes or until heated through. Serve with a dollop of sour cream. Makes 6 servings.

Stoney's Unstuffed Cabbage Casserole

This casserole is quicker and easier than stuffing all those cabbage leaves, but tastes every bit as good!

Ingredients:

2 pounds ground turkey

1 medium yellow onion, chopped

2 cloves garlic, minced

1 gram marijuana, finely ground

½ teaspoon ground black pepper

3 cups cooked rice

1 (¾ pound) head of cabbage, coarsely shredded

1 (24 ounce) jar spaghetti sauce

1 cup shredded Cheddar cheese

Directions:

1. In a large skillet, cook the ground turkey, onion, and garlic until meat is no longer pink. Drain off the grease.
2. Add the marijuana, pepper, and cooked rice, mixing well. Spoon the meat mixture into a 3-quart casserole dish coated with olive oil or nonstick cooking spray. Top with the shredded cabbage. Pour spaghetti sauce over cabbage.
3. Bake in 350°F oven, covered, for 1 hour and 15 minutes, or until cabbage is tender. Sprinkle with cheese and continue baking for 10 minutes or until cheese is melted. Makes 8 servings.

Cilantro Chicken and Thai-Stick Noodles

Bold flavors make this dish a culinary rockstar!

Ingredients

Cilantro Chicken:

4 boneless, skinless chicken thighs (about 1 pound)

3 tablespoons olive oil

Salt and ground black pepper

4 cloves garlic, minced

¼ cup finely chopped cilantro

2 limes, juiced

2 tablespoons seasoned rice vinegar

Thai-Stick Noodles:

2 tablespoons olive oil

1-inch chunk ginger, peeled and grated (about 1 tablespoon)

1 lime, juiced

2 cloves garlic, minced

¼ teaspoon red pepper flakes

½ gram marijuana, finely ground

1 cup chicken broth

Salt and ground black pepper

1 tablespoon Thai green curry paste

1 tablespoon seasoned rice vinegar

3 green onions, white and green parts, chopped, for garnish

1 pound spaghetti, cooked al dente and tossed with olive oil

1 carrot, shredded

$\frac{1}{4}$ cup crushed roasted peanuts

Directions

Cilantro Chicken:

Combine all the ingredients in a glass bowl and let stand at room temperature for 20 minutes. Heat a grill pan to medium-high fire and place the chicken thighs on the pan, grilling for 4 minutes per side.

Thai-Stick Noodles:

1. In a medium saute pan over medium fire, add the olive oil. Add the ginger, lime juice, garlic, red pepper flakes, and marijuana. Saute for two minutes. Stir in chicken broth and sprinkle with salt and pepper. Add the curry paste, seasoned rice vinegar and green onions. Reduce the heat to low and simmer for 5 minutes.
2. Place the noodles in a large serving bowl along with the carrots and crushed peanuts, add chicken broth mixture and toss well to combine. Add the cilantro chicken and serve. Makes 4 servings.

Slow Cooker Cannabis Chicken Enchilada Casserole

Loaded with ganja goodness, slow-cooking is the secret to this delectable dish!

Ingredients:

14 boneless, skinless chicken breast halves

1 (26 ounce) can condensed cream of chicken soup

1 gram marijuana, finely ground

3 cloves garlic, chopped

1 (16 ounce) container sour cream

1 (10 ounce) can Rotel Original diced tomatoes and green chilies

14 flour tortillas

3 ½ cups shredded Monterey Jack cheese

1 (10 ounce) can sliced black olives

3 green onions, chopped, for garnish

black pepper to taste

Directions:

1. Put chicken in a large pot, cover with water, and bring to a boil over high heat. Continue to boil until the chicken is done, about 10 minutes. Drain, allow chicken to cool, and cut into small pieces.
2. Place chicken pieces in a large bowl. Stir in soup, marijuana, garlic, sour cream, and tomatoes and green chilies.
3. Coat the inside of a 6-quart slow cooker lightly with olive oil or nonstick cooking spray.
4. Tear tortillas into pieces, and arrange half of the pieces in a layer across the bottom of the slow cooker, overlapping to cover completely. Arrange half of the chicken mixture, half of the soup, and half of the cheese on top. Repeat with remaining tortillas, chicken mixture, soup, and cheese. Top with black olives.
5. Cook on low for 3 to 4 hours. Top with chopped green onions. Makes 10 to 12 servings.

Happy Herb Turkey Cabbage Soup

Taco seasoning gives this hearty soup a South-of-the-Border burst of flavor and marijuana adds herbal happiness!

Ingredients:

2 pounds ground turkey

2 large yellow onions, chopped

1 head cabbage, chopped

1 gram marijuana, finely ground

2 (16 ounce) cans dark red kidney beans, drained

4 cups water

2 (28 ounce) cans diced tomatoes, undrained

12 ounces tomato sauce

2 packets taco seasoning

1 teaspoon salt

1 teaspoon pepper

Directions:

1. In a skillet, cook turkey over medium fire until well browned and crumbled. Drain fat, and transfer cooked turkey to a 6-quart slow cooker. Add onions, cabbage, marijuana, kidney beans, water, tomatoes, tomato sauce, taco seasoning, salt, and pepper. Stir and cover.
2. Cook on high for 4 hours, or on low for 6 to 8 hours, stirring occasionally. Makes 8 servings.

Bangin' Bangkok Chicken Thighs

Spicy hot, this dish warms from the inside out!

Ingredients:

4 tablespoons olive oil

10-15 cloves garlic, minced

1 small (3-inch) piece of ginger root, peeled and grated

1 gram marijuana, finely ground

4 pounds skinless chicken thighs

1 cup cabernet sauvignon

1 cup soy sauce

1 cup water

1 tablespoon sugar

1 tablespoon crushed dried basil leaves

1 teaspoon crushed red pepper flakes

Cooked white rice

Directions:

1. Microwave oil, garlic, ginger, and marijuana until soft, about 5 minutes
2. Place cooked ginger-garlic mixture in 6-quart slow cooker, add remaining ingredients. Cook on High for 3-4 hours, until chicken is very tender and falling off the bone. Serve over white rice. Makes 8 servings

Slow-Cooked Italian Chicken, Pot, and Potatoes

Italian salad dressing and Parmesan cheese add brio to this recipe!

Ingredients:

4 boneless, skinless chicken breast halves

½ cup Italian salad dressing

½ gram marijuana, finely ground

¼ teaspoon basil

¼ teaspoon oregano

¼ teaspoon crushed red pepper flakes

½ cup grated Parmesan cheese

6 medium potatoes, peeled and cut into 1-inch chunks

Directions:

1. Place chicken in bottom of slow cooker. Sprinkle with half of the salad dressing.
2. In a small bowl, mix together marijuana, basil, oregano, red pepper flakes, and Parmesan cheese. Sprinkle chicken with half of spice-and-cheese mixture.
3. Put the potatoes on top of the chicken. Sprinkle with remaining salad dressing and remaining spice-and-cheese mixture.
4. Cook on low for 6-8 hours, or until potatoes are tender and chicken is done. Makes 4 servings.

Purple Haze Pork Chops and Dressing

A slow cooker and boxed stuffing mix make this recipe goof-proof!

Ingredients:

8 country-style boneless pork chops (about 2 pounds)

1 (6 ounce) box dried pork stuffing mix

1 tablespoon olive oil

1 gram marijuana, finely ground

2 medium yellow onions, sliced

1 (10 $\frac{3}{4}$ ounce) can condensed cream of celery soup

$\frac{1}{4}$ cup water

ground black pepper to taste

Directions:

1. Place pork chops in a 6-quart slow cooker. Pour dried stuffing mix over chops; sprinkle with contents of seasoning packet. Add olive oil and marijuana. Cover with sliced onions. Spread condensed soup over the onions, add water and season with black pepper to taste.
2. Cover and cook on low for 7-8 hours or on high for 3-4 hours, until meat is very tender. Makes 8 servings.

Maria Juanita's Microwave French Fried Fish

French-fried onions give fish fillets crunchy flavor. Super-quick, super-easy, super-tasty!

Ingredients:

3 ounces french-fried onions

¼ gram marijuana, finely ground

½ teaspoon dried dill weed

½ teaspoon lemon pepper

1 ½ pounds catfish fillets (or any mild-flavored fish)

2 tablespoons spicy brown mustard

Directions:

1. Mix french-fried onions, marijuana, dill, and lemon pepper in a plastic ziploc bag. Crush with your hands or a rolling pin.
2. Brush fish fillets with brown mustard. Coat top of fish fillets with seasoned onion crumbs, pressing firmly to adhere.
3. Microwave fish in a covered glass casserole dish on high power for 10 to 12 minutes. Makes 2 servings.

Garbanzo Ganja Curry

A vegan and delightfully authentic taste of India!

Ingredients:

2 medium yellow onions, chopped

½ cup olive oil

½ gram marijuana, finely ground

1 (8 ounce) can tomato sauce

8 cloves garlic, minced

3 teaspoons turmeric

1 tablespoon cumin

1 teaspoon allspice

2 teaspoons cayenne pepper

4 (15 ounce) cans garbanzo beans, rinsed and drained

2 bell peppers, chopped

Directions:

1. In a Dutch oven, saute onions in oil over medium fire until golden.
2. Add marijuana, tomato sauce, garlic, and spices and continue to cook and stir for 2 minutes.
3. Add garbanzos and bell peppers, cook and stir for 5 to 10 more minutes.
Makes 4 servings.

Corn, Leek, and Locoweed-Stuffed Peppers

Another easy-to-make and very satisfying vegan recipe!

Ingredients:

10 medium bell peppers

2 tablespoons olive oil

4 large leeks, white and palest green parts only, rinsed and chopped

2 tablespoons minced shallots

3 cloves garlic, minced

1 gram marijuana, finely ground

2 (15 ounce) cans whole kernel sweet corn, drained

¼ cup fine bread crumbs

3 tablespoons dried parsley flakes

1 teaspoon dried summer savory

1 teaspoon ground coriander

salt and freshly ground pepper to taste

wheat germ for topping

paprika for topping

Directions:

1. Carefully cut away the top stems of the peppers and remove the seeds. Cut a very thin slice from the bottoms so that the peppers can stand. Arrange, standing snugly against one another for support, in a deep casserole dish or roasting pan.
2. Heat the oil with 2 tablespoons of water in a large skillet. Add the leeks, shallots, garlic, and marijuana. Saute over medium heat, covered, lifting the lid to stir occasionally, until the leeks are tender. Stir in the remaining ingredients except the toppings. Cook, stirring, another 5 minutes.
3. Distribute the stuffing among the peppers. Top each with a sprinkling of wheat germ, followed by a dusting of paprika. Cover the casserole or roasting pan and bake for 40 to 50 minutes in a 350°F oven, or until the peppers are tender but still firm enough to stand. Makes 5 servings.

Skinny Mexican Chicken Soup

This festive and flavorful soup is hearty and nourishing!

Ingredients:

2 (14 ½ ounce) cans chicken broth

2 cups hot water

1 pound boneless, skinless chicken breasts, cooked and shredded

2 tablespoons Sriracha hot chili sauce

1 medium yellow onion, chopped

2 cloves garlic, chopped

1 gram marijuana, finely ground

1½ teaspoons oregano

¼ teaspoon black pepper

2 tablespoons olive oil

1 pound zucchini, cut into ½ inch pieces (about 3 cups)

1 (15 ounce) can pinto beans, drained and rinsed

1 (15 ounce) can dark red kidney beans, drained and rinsed

¾ teaspoon salt

Juice of 1 lime

tortilla chips, crumbled

Directions:

In a 6-quart slow cooker, mix together all ingredients except tortilla chips. Cover and cook on high for 4 hours or on low for 8 hours. Garnish each serving with crumbled tortilla chips. Makes 8 servings.

Tumbleweed Chili

Possibly the best chili in the world!

Ingredients:

1 tablespoon olive oil

2 pounds stew beef

1 medium onion, chopped

2 bay leaves

1 teaspoon ground cumin

2 tablespoons dried oregano

1 tablespoon salt

2 stalks celery, chopped

2 bell peppers, chopped

2 jalapeno peppers, chopped

4 cloves garlic, chopped

2 (4 ounce) cans chopped green chile peppers, drained

1 gram marijuana, finely ground

3 (28 ounce) cans whole peeled tomatoes, crushed

¼ cup chili powder

1 tablespoon ground black pepper

1 (15 ounce) can dark red kidney beans, rinsed and drained

1 (15 ounce) can garbanzo beans, rinsed and drained

1 (15 ounce) can black beans, rinsed and drained

1 (15 ounce) can whole kernel corn, undrained

Directions:

1. Heat the olive oil in a large pot over medium fire. Add the stew beef; cook and stir until browned. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, bell peppers, jalapeno peppers, garlic, green chile peppers, and marijuana. Reduce heat to low, cover pot, and simmer 5 minutes.
2. Stir the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving. Makes 8 to 10 servings.