

THE BEST-EVER CHILI

INGREDIENTS

5 Tablespoons of canola oil
3lbs beef chuck, ground
3 large yellow, finely chopped
8 cloves garlic, minced
½ cup chili powder
2 Tablespoons of ground cumin
1 Tablespoons of ground dried oregano
2 teaspoons ground coriander seeds
1 ½ cups lager beer
2 ½ cups beef stock or low-sodium beef broth
1 can (28 oz.) crushed tomatoes
1 can (15 oz.) kidney beans, rinsed and drained
1 can (15 oz.) pinto beans, rinsed and drained
3 Tablespoons of Masa Harina (Mexican flour is used as a thickening agent. Find it in the ethnic/international foods grocery aisle)
Salt for seasoning to taste
Cherry tomatoes, spring onions, sour cream, shredded cheddar cheese (optional)

DIRECTIONS

In a large pan, heat 2 tablespoon of oil and cook the beef until browned. Then, drain. In another pan, heat the remaining 3 tablespoons; add onions and thoroughly sauté until softened. Add garlic and continue to sauté. Add chili powder, cumin, oregano and coriander seeds. Continue to sauté and stir until all ingredients are well-combined. Add the beef, the beer, the stock and tomatoes and bring to a light simmer. Reduce the heat to medium-low and simmer. Stir occasionally for about 50 minutes. Add the kidney and pinto beans and Masa Harina. Continue to simmer, uncovered until the chili is slightly thickened, 5-7 minutes. Season to desired taste with salt. Top with chopped cherry tomatoes, chopped spring onions, shredded cheese and a dollop of sour cream.

Makes 8-10 servings. Freeze the leftovers in individual freezer bags for future dinners.



Recipe courtesy: celebrate-creativity.com Adapted from a Williams-Sonoma chili recipe.