



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
meadowmaidfoods.com/recipes (307) 534-2289

Beef and Black Bean Chili

Serves 4-6

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This is a great chili for company, just a bit more refined than the standard bean and burger recipe. Use local vegetables to go with your local, grassfed beef.

1.5-2 pounds grassfed beef stew meat, top round or sirloin tip, or beef cheek, cut into bite-size cubes

oil or butter for browning

6 cloves garlic, peeled and sliced

1 large onion, peeled and diced

1 pint tomato juice or sauce

1 cup peeled and diced tomatoes (or 1 can diced tomatoes)

1/2 cup chopped sweet red pepper

1/2 cup diced carrot

1 Tbsp. cumin

1 Tbsp. chili powder

1 tsp. oregano

1 tsp. salt

1 tsp. sugar

2 cups cooked black beans (2 15-ounce cans)

Optional Toppings: Sour Cream, Shredded Cheese, Chopped Cilantro, Chopped Onions or Shallots

In a large fry pan at medium-high heat, brown stew meat in small batches in oil or butter until richly brown on all sides. Remove meat to slow cooker or casserole, leaving oil in pan.

In same fry pan, cook and stir onion until nearly translucent, adding more butter or oil if necessary to keep pan from drying. Add garlic, and continue to cook until garlic releases aromas. Add all remaining ingredients except beans, and continue to cook and stir for 10 minutes. Add contents of pan to beef.

Cook chili in slow cooker on low setting for 6 hours, or in covered casserole in oven for 3-4 hours at 250°F.

One hour before serving, add the black beans to the pot, and allow to cook on low for another until beans are warm.

Thick or Thin: After beans are added to pot, beef broth may be added to make a thinner chili, or tomato paste added to make it thicker.