



Ultimate Beef Chili

12 servings, 1 cup each

Active Time: 1 hour

Total Time: 3 1/4 hours

Ingredients

- 1 pound beef round, trimmed and cut into 1/2-inch chunks
- Salt & freshly ground pepper, to taste
- 1 1/2 tablespoons canola oil, divided
- 3 onions, chopped
- 1 green bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 6 cloves garlic, minced
- 2 jalapeno peppers, seeded and finely chopped
- 2 tablespoons ground cumin
- 2 tablespoons chili powder
- 1 tablespoon paprika
- 2 teaspoons dried oregano
- 12 ounces dark or light beer
- 1 28-ounce can diced tomatoes
- 8 sun-dried tomatoes, (not packed in oil), snipped into small pieces
- 2 bay leaves
- 3 19-ounce cans dark kidney beans, rinsed
- 1/4 cup chopped fresh cilantro
- 2 tablespoons lime juice

Preparation

1. Season beef with salt and pepper. Heat 1 1/2 teaspoons oil in a Dutch oven over medium-high heat. Add half the beef and cook, stirring occasionally, until browned on all sides, 2 to 5 minutes. Transfer to a plate lined with paper towels. Repeat with another 1 1/2 teaspoons oil and remaining beef.
2. Reduce heat to medium and add remaining 1 1/2 teaspoons oil to the pot. Add onions and [bell peppers](#); cook, stirring frequently, until onions are golden brown, 10 to 20 minutes. Add garlic, jalapenos, cumin, chili powder, paprika and oregano. Stir until aromatic, about 2 minutes.
3. Add beer and simmer, scraping up any browned bits, for about 3 minutes. Add diced tomatoes, sun-dried tomatoes, bay leaves and reserved beef. Cover and simmer, stirring occasionally, until beef is very tender, 1 1/2 to 2 hours.
4. Add beans; cook, covered, stirring occasionally, until chili has thickened, 30 to 45 minutes. Remove bay leaves. Stir in cilantro and lime juice. Adjust seasoning with salt and pepper.

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days or freeze for up to 2 months.
- For a hot, smoky chili, add 1 tablespoon chopped chipotle pepper in adobo sauce.

Nutrition

Per serving: 235 calories; 5 g fat (1 g sat, 2 g mono); 24 mg cholesterol; 31 g carbohydrates; 0 g added sugars; 17 g protein; 11 g fiber; 496 mg sodium; 582 mg potassium.

Nutrition Bonus: 52 mg vitamin c (90% dv), 38% dv fiber, 35% dv vitamin a, 4 mg iron (20% dv).
1 1/2 Carbohydrate Serving

Exchanges: 1 starch, 1 1/2 vegetable, 2 1/2 lean meat