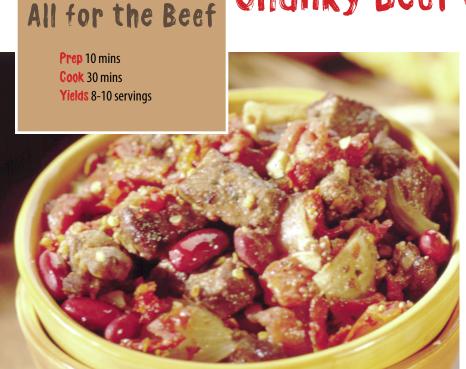


### Chunky Beef Chili



# Shopping List

Beef stewing cubes or extra-lean ground beef Onions Sweet green peppers Canned chili-style tomatoes Canned kidney beans Rice Cocoa powder

#### Ingredients

2 lb (1 kg) beef cross rib or blade simmering steak, stewing cubes OR sirloin tip or round marinating steak, cut into 34 inch (2 cm) cubes

2 onions, chopped

2 sweet green peppers, chopped

4 cans (14 oz/398 mL) chili-style stewed tomatoes

2 cans (14 oz/398 mL) kidney beans, drained and rinsed

1½ cup (375 mL) rice

2 tbsp (30 mL) cocoa powder

#### Instructions

- 1. Brown beef in batches in lightly oiled Dutch oven or large heavy pot.

  Add onions and peppers to pot and cook for 5 minutes or until softened, adding more oil if necessary.
- 2. Add 3 cups (750 mL) water, tomatoes, beans, rice and cocoa powder to the pot; return meat to the pot. Bring to a simmer.
- 3. Cover and simmer over low heat for 1½ hours or until meat is tender.



## Chunky Beef Chili



You can make this chili in 20 to 30 minutes by substituting Lean or extra lean ground beef sirloin or chuck (or lean/extra lean ground beef) for the beef cuts.

Cook large batches of this chili recipe and freeze in familysized portions for use within 2 or 3 months. For a quick meal, defrost and reheat on the stove or in the microwave for a hearty beef chili in minutes.

Nutrition Facts per serving				
Amount				
Calories	489			
Protein	35 g			
Fat	9 g			
Carbohydrate	68 g			

notes			

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/chunky-beef-chili/