



#MakeItGAP

RECIPES

BEST BEEF CHILI

From Chrissy Haynes
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YIELD: Serves 6

INGREDIENTS:

5 strips uncooked bacon, chopped
1 large yellow onion, diced (about 1 cup)
1 red pepper, diced
3 cloves garlic, minced (about 1 Tbsp)
1 - 1 1/2 lb ground beef
1 Tbsp brown sugar
1 Tbsp chili powder
1 Tbsp ancho chili powder
1 1/2 tsp smoked paprika
1 tsp cumin
1 tsp onion powder
2 tsp cocoa powder
3/4 tsp ground black pepper
1/2 tsp salt
1/8 tsp cayenne pepper
1 1/4 cup beef broth
15 oz can dark red kidney bean, lightly rinsed and drained
15 oz can black beans, lightly rinsed and drained
14.5 oz can diced fire roasted tomatoes, undrained
1 - 7 oz can fire roasted green chilis
1/4 cup tomato paste
1 Tbsp Worcestershire sauce

PREPARATION:

Place chopped, uncooked bacon in a large pot or Dutch oven and cook over medium heat until crisp and cooked through. Remove bacon to a paper towel lined plate and drain all but 1 1/2 Tablespoons of grease. Add onion and pepper and cook until softened, about 3-5 minutes. Add garlic and cook until fragrant (about 30 seconds). Add beef, breaking apart with a spatula as you cook. Once meat is partially (about 50%) browned, add brown sugar and all spices (chili powders, paprika, cumin, onion powder, cocoa powder, black pepper, salt, cayenne pepper) and stir well. Add all remaining ingredients—beef broth, beans, tomatoes, tomato paste, chilis, and Worcestershire sauce—and your cooked bacon and stir well. Bring to a boil and cook 1-2 minutes, stirring frequently. Reduce heat and simmer, uncovered, stirring occasionally. Simmer for at least 30 minutes to allow flavor to really develop. Serve with your favorite toppings like sour cream, shredded cheddar cheese, jalapenos and corn chips.

Recipe adapted from www.sugarspunrun.com, recipe by Sam Merritt, October 1, 2019