



## All for the Beef

**Prep** 10 mins

**Cook** 30 mins

**Yields** 8-10 servings

# 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  $\frac{3}{4}$  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

1  $\frac{1}{2}$  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 1  $\frac{1}{2}$  hours or until meat is tender.

