



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.

