



Garden Fresh Farm Recipes

Braised Beef Chili

Braised Beef Chili has an amazing build-up of flavors in the Dutch oven on the stovetop. Then the slow cooking in the oven melds the flavors together even more. This RizzieFarms original is perfect for the cold weather hearty appetites.

Ingredients:

2 lbs beef stew meat, cut into 1-inch cubes
1 tablespoon olive oil
Salt & Pepper
1 large onion, coarsely chopped (1 cup)
1 medium green bell pepper, chopped (1 cup)
3 cloves garlic chopped
3 oz. tomato paste
2 Tbsp flour
12 oz can of your favorite beer
1 cup beef broth
2 cans (15 oz each) diced tomatoes, undrained
1 can (15 oz) tomato sauce
2 can (16 oz) red kidney beans
1 can (15 oz) black beans
1 jalapeño pepper, seeded and chopped
1 teaspoon paprika
1/4 teaspoon cayenne red pepper
1 1/2 tablespoons ground cumin
2 tablespoon chili powder
1/2 cup sour cream
3 tablespoons cheddar cheese / grated



Directions:

Preheat oven to 325°.

In a bowl season stew beef generously with salt and pepper.

In a large Dutch oven heat olive oil over medium-high heat. Add beef to Dutch oven and brown for about 7 minutes, turn beef over and cook an additional 5 minutes. Remove beef and place in a bowl.

Cook onions, bell pepper, jalapeño pepper and garlic in the beef liquid in the Dutch oven until onions are clear.

Add tomato paste and stir in with onion mixture until well blended. Add flour to mixture and stir well until 2 minutes.



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Add beer to deglaze pan and stir mixture until it boils. Add beef broth and stir occasionally until it comes to the boil.

Add spice mixture, chili, cumin, cayenne pepper and paprika and stir in.

Place beef and juices back to mixture and bring to the boil.

Add tomatoes, tomato sauce, kidney beans and black beans. Mix well and bring to the boil.

Place cover Dutch oven in oven for 90 minutes or until you are ready to eat.

Serve with cheddar cheese and sour cream.