

Chili Con Carne

2 ½ to 3 ½ lbs beef chuck cut in ½ inch cubes.
5 T. oil
2 cup coarsely chopped onion
4 cloves garlic crushed
3 T. chili powder
1 t. oregano
1 ½ t. ground cumin
½ t. crushed red peppers
2 cups beef broth (1 can)
1 can (1lb 13oz) tomatoes
1 6oz can tomato paste
2 large cans kidney beans (about 56 ounces)
1 t. salt
1 T. sugar
15 ounce can of tomato sauce (optional)

Heat oil in large heavy pot. When hot add meat, onion, and garlic. Sear until all pieces of meat are lightly browned, turning constantly with spoon.

Stir in chili powder, oregano, cumin, and crushed peppers. Mix well, add broth, tomatoes, tomato paste, salt and sugar.

Break up tomatoes if you have large pieces. Simmer for 2 hours or until meat is very tender.

Rinse beans, add and heat. (May be simmered covered entire time if not too watery). If chili is too thick, add a 15oz can of tomato sauce.