



Super Chili

Prep: 15 minutes plus chilling

Cook: 4 hours • Serves: 12

- 4 pounds beef chuck shoulder roast, cut into 5 pieces
 - ½ cup beef spice rub with sea salt, molasses and coffee
 - 4 slices thick-cut bacon, chopped
 - 2 medium white onions, chopped
 - 5 garlic cloves, minced
 - 2 green bell peppers, chopped
 - 2 serrano chile peppers, seeded and finely chopped
 - 2 tablespoons **PICS tomato paste**
 - ¼ cup yellow cornmeal
 - 1 bottle (12 ounces) stout beer
 - 1 carton (32 ounces) less-sodium beef broth or stock
 - 1 can (28 ounces) **PICS crushed tomatoes**
 - 1 bay leaf
 - 2 cans (15 to 16 ounces each) chili beans, drained
 - 1 can (28 ounces) no salt added diced tomatoes, drained
- Optional garnishes: sour cream, chopped green onions, chopped cooked bacon, chopped cilantro, shredded Cheddar cheese

1. Rub all sides of beef with 6 tablespoons spice rub; cover and refrigerate at least 30 minutes or overnight.

2. In large saucepot or Dutch oven, cook bacon over low heat 10 minutes or until crisp. With slotted spoon, transfer bacon to paper towel-lined plate to drain.

3. In same saucepot with bacon drippings, in batches if necessary, cook beef over medium heat 5 minutes or until browned, turning to brown all sides; transfer beef to plate. In same saucepot, cook half the onions 3 minutes, stirring occasionally; stir in garlic, half the bell peppers, and serrano peppers and cook 3 minutes. Add tomato paste; cook 2 minutes. Stir in cornmeal; cook 3 minutes. Add beer and scrape browned bits from bottom of saucepot with wooden spoon; cook 5 minutes.

4. Return beef to saucepot; add broth, crushed tomatoes and bay leaf. Heat to boiling over high heat; reduce heat to medium-low. Cover and simmer 3 hours or until beef is tender, occasionally skimming fat from surface.

5. With tongs and a fork, shred beef in saucepot; remove and discard bay leaf. Stir in beans, diced tomatoes and remaining 2 tablespoons spice mixture, onions and bell peppers; cover and cook 20 minutes. Ladle into bowls and serve with garnishes, if desired.

*Approximate nutritional values per serving:
348 Calories, 11g Fat (3g Saturated), 93mg Cholesterol,
1480mg Sodium, 26g Carbohydrates, 3g Fiber, 37g Protein*

Chef Tips

Freeze bacon 10 minutes for easier slicing.