



DAVID'S RECIPE



SUPER BOWL CHILI

To find more of David's recipes, go to Fox8.com/New-Day-Recipes

Ingredients

Crockpot or slow cooker

2 ½ lbs. chuck roast cut into 1-2 inch cubes

2 tbs flour

½ tsp kosher salt

1 tbs brown sugar

2 tbs vegetable oil

1 large onion, diced

3 cloves garlic, minced

½ c. Chili powder

1 tbs cumin

1 tsp oregano

2 small cans (4.5 oz) fire roasted green chiles

One 14.5 oz can fire roasted tomatoes

One 14 oz can chopped or diced tomatoes

One 15 oz can black beans of choice

One 15 oz. Can red kidney beans of choice

One 15 oz. Can white beans of choice

1 bottle beer (dark if you have it)

½ c. Cilantro fresh chopped, plus a little for garnish

Potential Toppings

- Sour cream
- Shredded cheese
- Crumbled tortilla or corn chips
- Lime wedges
- Diced onion
- Fried onions
- Avocado

Directions

1. Toss beef cubes in a bowl with flour, salt and brown sugar.
2. Heat oil in large sauté pan over medium high heat.
3. Add ½ of the beef and brown on all sides.
4. Spoon browned beef into crockpot.
5. Repeat with remaining beef. Add beef to crockpot.
6. Add onion to sauté pan and cook several minutes, scraping up the color left by the beef.
7. Add garlic and cook another minute.
8. Stir chili powder, cumin, and oregano into onions.
9. Add onion mixture to crockpot.
10. Now it's time to add remaining ingredients to slow cooked, fire roasted chiles, fire roasted tomatoes, chopped or diced tomatoes, beans, and bottle of beer.
11. Give it a little stir, cover, and cook on low for 7 hours (a little less or a little more time won't hurt)
12. Stir in ½ of the cilantro.
13. Serve with your favorite toppings.
14. Enjoy!