

Slow Cooker Chili

Ingredients:

1 Tbsp oil
2 lbs Gallery on the Farm ground beef
1 large yellow onion, finely chopped
3 cloves garlic, minced
2 (14.5 oz) cans diced tomatoes
3 (8 oz) cans tomato sauce
1/2 cup beef broth (or make your own with Gallery on the farm beef bones)
2 Tbsp chili powder
2 1/2 tsp ground cumin
2 tsp paprika
2 tsp unsweetened cocoa powder
1 tsp granulated sugar
1/2 tsp ground coriander
Salt and freshly ground black pepper
2 (15 oz) can of kidney beans, drained and rinsed
Shredded cheddar cheese, for serving

Instructions

Heat oil in a large and deep non-stick skillet over medium-high heat.

Add onion and sauté 3 minutes, then add garlic and sauté 30 seconds longer. Pour onions into slow cooker.

Return skillet to medium-high heat, add beef, and cook stirring occasionally until beef has browned. Pour browned beef into the slow cooker.

Stir in diced tomatoes, tomato sauce, beef broth, chili powder, cumin, paprika, cocoa powder, sugar, coriander and season mixture with salt and pepper to taste.

Cover with lid and cook on low heat for 5 - 6 hours.

Stir in kidney beans and allow to heat through, about 2 minutes. Serve warm with desired toppings.

*Note: You can always add corn, squash, chickpeas, etc. to pot and serve with sour cream and cilantro to spice things up! I often save any leftovers to serve over nachos and cheese.