

## **Cowboy Beef & Black Bean Chili**

Cook Time: 2 Hours

Makes 8 servings

- 2 pounds lean Ground Beef
- 1 tablespoon vegetable oil
- 1-1/2 cups chopped onions
- 2 tablespoons minced garlic
- 2 medium yellow bell peppers, chopped
- 1 large jalapeño pepper, seeded, finely chopped
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 teaspoon dried oregano leaves, crushed
- 1 teaspoon dried thyme leaves, crushed
- 1/8 teaspoon ground red pepper
- 1 can (28 ounces) crushed canned tomatoes, undrained
- 1 can (14-1/2 ounces) chili-seasoned or zesty-style diced tomatoes, undrained
- 1 can (14 ounces) ready-to-serve beef broth
- 12 ounces dark beer
- 1/3 cup tomato paste
- 1 tablespoon honey
- 2 cans (15 ounces each) black beans, rinsed, drained
- Chopped fresh cilantro (optional)



1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook over medium heat 8 to 10 minutes, breaking up into 3/4-inch crumbles and stirring occasionally. Remove from stockpot with slotted spoon. Set aside. Pour off drippings.

***Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

2. Heat oil in same stockpot over medium heat until hot. Add onions and garlic; cook and stir 3 to 5 minutes or until onions are tender. Add bell peppers and jalapeño; cook and stir 4 to 5 minutes or until peppers are tender.
3. Return beef crumbles to stockpot. Add chili powder, cumin, oregano, thyme and red pepper; cook and stir for 2 to 3 minutes. Stir in crushed tomatoes, diced tomatoes, broth, beer, tomato paste and honey; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 30 minutes or until thickened to desired consistency, stirring occasionally. Stir in beans; cook 5 to 10 minutes or until beans are heated through. Season with salt and black pepper, as desired. Garnish with cilantro, if desired.

**Recipe and photo as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt**

*Nutrition information per serving (using 95% lean Ground Beef): 364 Calories; 1g Total Fat; 3g Saturated Fat; 4g Monounsaturated Fat; 76mg Cholesterol; 1131mg Sodium; 39g Total carbohydrate; 34g Protein; 7.3mg Iron; 8.1mg Niacin; 0.8mg Vitamin B6; 2.2mcg Vitamin B12; 6.5mg Zinc; 19.3mcg Selenium; 10.6g Fiber.*

# Chilly Day Beef Chili

Cook Time: 9 Hours 30 Minutes

Makes 8 servings

- 2-1/2 pounds boneless beef Chuck or Round, cut into 1/2-inch pieces
- 2 cans (15-1/2 ounces each) black beans, rinsed, drained
- 1 can (15-1/2 ounces) diced tomatoes (chili or zest-style)
- 1 medium onion, chopped
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1 cup prepared thick-and-chunky salsa

**Toppings:** Shredded Cheddar cheese, diced red onion, diced green onion, diced avocado and dairy sour cream

1. Combine all ingredients except salsa and toppings in 4-1/2 to 5-1/2-quart slow cooker; mix well. Cover and cook on HIGH 5-1/2 to 6 hours or on LOW 8 to 9 hours or until beef is tender. (No stirring is necessary during cooking.)
2. Just before serving, stir in salsa; cook 2 to 3 minutes or until heated through. Serve with toppings, as desired.

*Nutrition information per serving: 404 Calories; 12g Total Fat; 91mg Cholesterol; 710mg Sodium; 32g Total carbohydrate; 42g Protein; 6.2mg Iron; 6mg Niacin; 0.6mg Vitamin B6; 2.8mcg Vitamin B12; 8.7mg Zinc.*



# Hearty Steak & Bean Chili

Total Recipe Time: 3 Hours 15 minutes

Makes 8 servings

- 3 pounds Shoulder Steaks, cut 3/4-inch thick
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1 medium green bell pepper, chopped
- 1 medium onion, chopped
- 2-1/2 cups roasted tomato or regular salsa
- 1/4 cup chili powder
- 2 teaspoons ground cumin
- 2 cans (15 ounces each) black beans, rinsed, drained

**Toppings:** Guacamole, chopped fresh cilantro, chopped purple onion, chopped tomato and tortilla chips (optional)

1. Cut beef steaks into 3/4-inch pieces. Heat 1 tablespoon oil in stockpot over medium heat until hot. Brown beef in three batches; season with salt. Set aside.
2. Add remaining 1 tablespoon oil, bell pepper and onion to same stockpot. Cook and stir 6 to 8 minutes or until vegetables are tender. Return beef and accumulated juices to stockpot. Add salsa, chili powder and cumin; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender. Stir in beans; cook, uncovered, 10 to 15 minutes or until beans are heated through, stirring occasionally.
3. Serve chili in bowls. Garnish with toppings, as desired.



*Nutrition information per serving: 289 Calories; 10g Total Fat; 3g Saturated Fat; 5g Monounsaturated Fat; 78mg Cholesterol; 736mg Sodium; 23g Total carbohydrate; 32g Protein; 5mg Iron; 11.2mg Niacin; 0.8mg Vitamin B6; 89.2mg Choline; 3.3mcg Vitamin B12; 8.1mg Zinc; 31.5mcg Selenium; 6.1g Fiber.*

## Wrangler's Beef Chili

Total Recipe Time: 45 Minutes

Makes 4 servings

- 1-pound lean Ground Beef
- 1/2 cup chopped onion
- 1 can (15 ounces) pinto beans, drained and rinsed
- 2 cans (8 ounces) no-salt added or regular tomato sauce
- 1 cup frozen corn
- 1 cup water
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano leaves
- 1/4 teaspoon pepper
- Hot cooked whole wheat macaroni (optional)



**Toppings (optional):** Crushed baked tortilla chips, chopped green or regular onion, chopped tomato, chopped bell pepper, chopped fresh cilantro, reduced-fat shredded Cheddar cheese, nonfat Greek yogurt

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.

***Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

2. Stir in beans, tomato sauce, corn, water, spices and herbs. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes, stirring occasionally. Serve over macaroni, if desired. Garnish with toppings, as desired.

**Cincinnati-Style Beef Chili:** Stir in 1 teaspoon cinnamon with other seasonings in Step 2. Serve over hot cooked whole wheat spaghetti.

**Moroccan-Style Beef Chili:** Substitute 1 cup frozen peas for corn. Stir in 1 teaspoons pumpkin pie spice with other seasonings in Step 2. Serve over whole hot cooked whole wheat couscous or brown rice.

*Nutrition information per serving (using 93% lean Ground Beef): 356 Calories; 10g Total Fat; 3g Saturated Fat; 4g Monounsaturated Fat; 76mg Cholesterol; 300mg Sodium; 35g Total carbohydrate; 32g Protein; 5.3mg Iron; 8.3mg Niacin; 0.5mg Vitamin B6; 90mg Choline; 2.3mcg Vitamin B12; 6.7mg Zinc; 18.7mcg Selenium; 3.3g Fiber.*

# Simple Beef & Brew Chili

Cook Time: 35 minutes

Makes 4 servings

- 1-pound lean Ground Beef
- 1 medium green or red bell pepper, chopped
- 1 can (15 ounces) reduced-sodium or regular black beans, rinsed, drained
- 1 can (14-1/2 ounce) diced tomatoes with green chilies
- 1 bottle (12 ounces) light beer or 1-1/2 cups reduced-sodium beef broth
- 1 packet (1-1/4 ounces) reduced-sodium or regular chili seasoning mix



**Toppings:** Sliced cherry tomatoes, sliced green onions, sliced Serrano or jalapeño peppers, chopped onions, lime wedges and tortilla chips (optional)

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and bell pepper; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally.

***Cook's Tip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

2. Stir in beans, tomatoes, beer and chili seasoning. Bring to a boil. Reduce heat; cover and simmer 20 minutes to blend flavors, stirring occasionally. Serve with toppings, as desired.

*Nutrition information per serving, using 96% lean Ground Beef: 253 Calories; 5g Total Fat; 2g Saturated Fat; 0g Monounsaturated Fat; 65mg Cholesterol; 717mg Sodium; 22g Total carbohydrate; 28g Protein; 4.4mg Iron; 5.7mg Niacin; 0.4mg Vitamin B6; 89.5mg Choline; 2.1mcg Vitamin B12; 5.3mg Zinc; 17.9mcg Selenium; 5.8g Fiber.*

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