



FEATURE RECIPE

SLOW COOKER THREE BEAN BEEF CHILI

This is a big style chili, full of beans, beef and spicy sausage, a bit of twist on an old-fashioned favourite!

Prep Time: 30 minutes
Cook Time: 5 hours
Makes: 8 large servings

INGREDIENTS

2 Tbsp (30 mL) canola oil
1 lb (500 g) cubed round, blade or cross rib steak
1 lb (500 g) regular or spicy beef sausage, casing removed
1 large yellow onion, coarsely chopped
3 stalks celery, sliced
1 sweet red or yellow pepper, diced
1 jalapeno pepper, seeded & minced (optional)
2 Tbsp (30 mL) chili powder, or more to taste
1 Tbsp (15 mL) cumin
1 Tbsp (15 mL) ground oregano
1 tsp (5 mL) mustard seeds
1/8 tsp (1/2 mL) red pepper flakes
2 Tbsp (30 mL) cider vinegar
1 cup (250 mL) beef broth
1 cup (250 mL) cooked or canned black beans
1 cup (250 mL) cooked or canned pinto beans
1 cup (250 mL) cooked or canned kidney beans
1 - 28 oz (796 mL) can crushed tomatoes
Boiling water, if necessary to cover
Salt & freshly ground pepper to season after cooking time

Garnishes: Sliced green onions, sour cream, cilantro

DIRECTIONS

1. Set slow cooker to medium or high for a total cook time of 4 to 5 hours.
2. In a deep skillet over medium, heat canola oil. Add cubed beef and brown. Remove to slow cooker.
3. Add beef sausage to skillet and brown. Remove to slow cooker.
4. Drain and discard half the fat from the pan. Then add onion, celery, peppers, chili powder, cumin, oregano, mustard seeds and red pepper flakes to remaining fat and sauté until browned and fragrant. Add to slow cooker.
5. Reduce heat and carefully add cider vinegar and beef broth to the skillet, as mixture may bubble up. Stir to scrape up all the brown bits from the bottom of the pan. Pour hot liquid into slow cooker.
6. Stir in black, pinto and kidney beans into the slow cooker mixture, combining well.
7. Add crushed tomatoes, and enough boiling water, just to cover mixture, no more.
8. Cover and cook for 5 hours. Taste and adjust salt and pepper. Serve with garnishes, mashed potatoes & a salad!

TIPS

- This chili is not as thick as a stove top version, as the slow cooker retains all the juices. It gets thicker as it cools, or you can remove the slow cooker lid during the last 30 minutes to get a thicker chili.
- Browning the meat and cooking the vegetables and spices before adding to the slow cooker amps up the flavour and colour of this chili!
- A bit of prep work, but worth the wait once you taste this tex-mex style chili.

Nutrients per serving (1/8th of recipe)

470 Calories, 22 g Fat, 7 g Saturated Fat, 81 mg Cholesterol, 34 g Carbohydrate, 10 g Fibre, 3 g Sugars, 36 g Protein, 642 mg Sodium, 1129 mg Potassium, 144 mcg Folate, 7 mg Iron

