



GROUND BEEF

Easy Mix-And-Match Chili

Prep Time:
Total Time:

Cook Time:
Servings: 4

INGREDIENTS

16 oz Grass Run Farms® Ground Beef

1 Tbsp olive oil	3 cloves garlic
3 cloves garlic, minced	1 medium onion, diced
1 medium red bell pepper, diced	2 Tbsp chili powder
1 Tbsp cumin	½ Tbsp dried oregano
2 15 oz cans crushed tomatoes	1 6 oz can tomato paste
1 can pinto beans	1 can kidney beans
Salt, to taste	Pepper, to taste

*See below for variations and ingredients included

PREPARATION

1. Brown grass fed ground beef in olive oil
2. Add onion and red bell pepper, cook two minutes
3. Add garlic, cook one minute
4. Add chili powder, oregano, and cumin, and tomato paste cook until meat is well coated
5. Slowly add two cans of crushed tomatoes, stir well
6. Add pinto and kidney beans, cook partially covered for approx. 45 minutes, stirring occasionally
7. Season with salt and pepper to taste

VARIATIONS

Jalapeno/Lime Chili

- Add 1-2 jalapeños, minced (add at step 2)
- Juice and zest of 2 limes (add at step 4)
- Top with crumbled tortilla chips and fresh cilantro

Beer Chili

- Add 12 oz beer (lager, porter, or stout) (add at step 5)

Quinoa Chili

- Add 1 cup cooked quinoa (add at step 6)