

Autumn Brew Chili

Type: Entree

Prep Time: 30 mins Cook Time: 60 mins Total Time: 1 hour 30 mins

Serves: 10 servings

Ingredients

- 2 tablespoons olive oil
- 2 yellow onions, chopped
- 3-4 cloves garlic, minced
- 2 pounds 93% lean ground beef
- 1 (12-ounce) bottle dark beer
- 1 cup strong brewed coffee
- 2 (15-ounce) cans diced tomatoes
- 1 (6-ounce) can tomato paste
- 3½ cups beef broth
- 3 tablespoons dark brown sugar (may use less to reduce sweetness)
- 3-4 tablespoons chili powder
- ½ tablespoon cumin
- 1 teaspoon oregano
- 1 teaspoon coriander
- 1 teaspoon salt
- 2 (15-ounce) cans red kidney beans, drained
- 2 (15-ounce) cans pinto beans, drained
- 1 red bell pepper, chopped
- 1 jalapeno, seeds removed & diced
- 2 poblano peppers, seeds removed & diced

Instructions

1. Heat oil in a large saucepan over medium heat. Add onions, garlic and ground beef and saute for 10 minutes, or until the meat is well browned and the onions are tender.
2. Add beer, coffee, diced tomatoes, tomato paste and beef broth. Season with brown sugar, chili powder, cumin, oregano, coriander and salt. Stir in beans, bell pepper, and chile peppers. Reduce heat to low, and simmer for 30-40 minutes.
3. Serve hot, garnished with your favorite toppings!

Nutrition Information

Serving Size: Approx. 1½ cups Calories: 340 Fat: 8 g Carbohydrates: 36 g Sodium: 360 mg Fiber: 14 g Protein: 28 g
Cholesterol: 50 g

Recipe by Jan Tilley & Associates; San Antonio Dietitian at <http://www.jtawellness.com/2017/09/autumn-brew-chili/>