Chilly Day Beef Chili

This super-simple hearty chili will warm you up combining beef, black beans, onions, salsa and Tex-Mex spices.

9.50 Hours	8 Servings	42 Cal	40g Protein

INGREDIENTS

2-1/2 pounds beef Chuck Arm Roast or Cross Rib Roast, 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 chile powder

1 teaspoon salt

1 teaspoon ground cumin

1/2 teaspoon pepper

1 cup prepared thick-and-chunky salsa

Shredded Cheddar cheese, diced red onion, diced green onion, diced avocado and dairy sour cream (optional)

COOKING

1. Combine Beef Chuck Arm Roast and all other 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.

3. This recipe can be made in a 6-quart electric pressure cooker. Place Beef Chuck Arm Roast and all other ingredients except salsa and toppings plus 1/2 cup water in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 22 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add salsa and stir together. Serve with toppings, as desired. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		20g	117mg		31g	40g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com