

HEART OF DARKNESS CHILI

Serves 8

- 1 cup canola oil
 - 1 Kg diced stewing beef (one inch dice)
 - 2 cups diced Spanish onion
 - 1/4 cup minced garlic
 - 2 tsp salt
 - 2 tsp chili powder
 - 1 Tbsp ground cumin
 - 1 Tbsp ancho chili powder
 - 1 Tbsp cocoa powder
 - 2 tsp Worcestershire sauce
 - 3 Tbsp molasses
 - 3 cups crushed canned tomato
 - 2 cups water
 - 2 small cans black turtle beans, drained and rinsed (about 2 cups)
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1. Preheat large pot, add canola oil, then add beef to sear.
2. Once beef is caramelized remove and set aside.
3. Sweat onions and garlic for 2-3 minutes until translucent but not browned.
4. Add salt and all spices and sweat for an additional 2 minutes while constantly stirring.
5. Add beef, worchestershre sauce, molasses, tomatoes and water to the pot and bring to a simmer.
6. Cook over a med-low heat for about an hour or until beef is tender and almost falling apart.
7. Add black beans and cook for an additional 10 minutes.

Served with minced green onion, spiced sour cream, corn bread crutons, grated cheddar cheese, diced avocado and fresh cilantro.