

Catherine's Chili Recipe

This is a delicious chili recipe by my friend and fellow PALS Catherine Scott. It features both meat and beans, which is a cardinal sin to those who insist chili *must* be *only* beans or *only* meat (so you piss off EVERYBODY!). Obviously Catherine is no chili-purist and neither am I, except that I believe that proper chili must have *both*!

Ingredients:

- 2 to 3 pounds ribeye steak, fat trimmed off and cut into 3/4-inch square pieces
- 2 to 3 pounds ground sirloin
- 3 16-ounce cans Bush's Best dark red kidney beans - rinsed and strained well
- 3 16-ounce cans Bush's Best mild chili beans - with juice, do not strain
- 4 15-ounce cans tomato sauce
- 1 7.75-ounce can El Pato tomato sauce Mexican hot style, yellow can
- 1 6-ounce can tomato paste
- 3 tablespoons chili powder
- 2 tablespoons brown sugar, packed
- 2 teaspoons garlic powder
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons butter

Directions:

1. In a 7-quart or 8-quart slow cooker, add tomato sauce, El Pato sauce, tomato paste, chili powder and brown sugar. Gently whisk until smooth. Add chili beans with its juice and the rinsed and strained kidney beans. Do not turn the slow cooker on at this point.
2. In an appropriate size pot, add the ground sirloin. Cook over medium-high heat until browned, chopping with a flat wooden spatula and mixing frequently until ground sirloin is desired size. Add salt, garlic powder and black pepper and mix into browned beef until you can smell the garlic blooming. Let the liquid cook off rather than straining it off to preserve flavor. Be careful not to burn. Spoon into slow cooker after spices bloom.
3. In the same pot, melt butter on low heat. Add ribeye steak chunks and brown over medium heat. Ribeye doesn't have to be cooked through, as it will finish cooking and tenderizing in the slow cooker. Spoon into slow cooker after browned.
4. Gently mix ingredients in the slow cooker until combined. Cook on low for approximately 5 to 6 hours depending on how hot the slow cooker used gets, stirring once an hour to avoid burning. Set the slow cooker on warm setting until ready to serve.

Notes:

- Prep time: 1 hour
- Cook time: 5 to 6 hours
- Serve with shredded cheese, sour cream, jalapeños, avocado slices, etc on the side.