



## *Carroll Shelby Chili*



### **Ingredients, Chili:**

- 2 pounds stewing beef
- ¼ cup flour
- ¼ tsp pepper
- 2 TBLSs olive oil
- 1 onion sliced or diced
- 84 ounces canned tomatoes whole or diced, or a combination, 3 large cans
- 15.5-19 ounces kidney beans rinsed and drained, 1 can
- 15.5-19 ounces mixed beans rinsed and drained, 1 can (or red beans)
- 6 ounces tomato paste 1 small can
- chili seasoning as below, or chili seasoning packet (about 1.25 ounces)

### **Ingredients, Chili Seasoning:**

- 1 TBLS garlic powder
- 1 TBLS chili powder
- 1 TBLS cumin
- 1 TBLS paprika
- 1 TBLS dried oregano
- 1 tsp basil
- ½ tsp black pepper
- ⅛ - ¼ tsp red pepper flakes, optional, for a spicier seasoning blend
- ⅛ - ¼ tsp cayenne pepper, optional, for a spicier seasoning blend

### **Method:**

1. Trim meat and cut into bite sized pieces. Add to a large zip top bag or bowl, toss with the flour, and pepper until the meat is coated.
2. In a Dutch oven or large pot, heat 1 TBLS of olive oil on medium-to-medium high heat. Add half the beef, stirring occasionally, until browned. Remove from the Dutch oven and set aside. Add onions and other half of the beef, stirring occasionally, until browned.
3. Return all browned beef to pot. Add 1 can of tomatoes and stir, scraping the bottom. Add remaining tomatoes, kidney beans, mixed beans (or red beans), tomato paste, and seasonings.
4. Bring to a boil, and reduce heat to low. Simmer the chili for 1 ½ hours. Check meat for tenderness. Continue to cook for another ½ hour, or until meat reaches desired tenderness.
5. Serve with shredded cheese, bread or toast, and your favorite chili toppings.