

Chuck Roast Chili

Ingredients

- 4 pounds beef chuck roast
- ½ pound sliced bacon, cut crosswise into ½-inch pieces
- 1 large onion, chopped
- 4 medium garlic cloves, chopped
- 3 jalapeño peppers, seeded and chopped
- 1 tablespoon California red chili powder
- 1 tablespoon Mexican chili powder
- 1 tablespoon ground cumin
- 1/2 tablespoon dried oregano
- 1 cans (28 ounces) petite tomatoes, with juice
- 2 cups fresh large diced tomatoes
- 2 or more cans pink beans, drained and rinsed (as per your tast)
- 2 12oz spring water i.e. (Lake Arrowhead)
- 1 tablespoon crushed red pepper brown quickly in avocado oil just aquick brown like 45 seconds
- Salt and pepper for seasoning throughout



Method:

Cut the beef random size chunks 1 ½ size. Keep all the fat. Its okay it makes the chili taste better. Put the chunks in big bowl, sprinkle with a heavy pinch of salt and coarse pepper, set aside.

In a heavy large pot, heat with Avocado Oil it temps at a higher heat the oil, when hot brown your meat.

While the meat is browning, combine the California red chili powder, Mexican chili powder, cumin, oregano, and crushed red pepper.

Spoon a tablespoon of the Avocado oil into the pot and brown a third of the cubed meat. Remove the meat as it browns, adding fat and rawer meat. Continue this process until all meat is browned and set aside. Turn the heat down to low and Add the chopped onion, cover and cook for about five minutes - stir every so often until the onions are neartrans parent. Add the garlic and jalapeños, cook for two more minutes - until soft.

When the onions, garlic and jalapeños are cooked, add the spices to thepot along with 8oz spring water.

Cook for 30 seconds. Add the tomatoes and their juices. Add all of the meat back in, add 8 oz spring water if needed your pot should be cover check to see if the liquids are about3/4 inch above the meat. Bring to a simmer and cook covered for two hours. The meat will become very tender. Stir in the beans, Uncover and simmer for thirty more minutes or until the meat is very, very tender.

Serve the chili on top of rice or just as it is (whatever you prefer). Top with shredded cheddar and col w/ cheese and sour cream.