

# TEXAS-STYLE CHILI CON CARNE

MAKES 12 SERVINGS

- 1½ pounds ground beef (88% lean)
- 1½ pounds top round beef, cut into ½-inch chunks or smaller
- 1 pound yellow onion, diced
- 2 tablespoons chili powder
- 2 tablespoons paprika
- 1 teaspoon cayenne pepper
- 1 tablespoon black pepper
- 1 tablespoon cumin
- ½ teaspoon allspice
- 2 tablespoons oregano
- 1 tablespoon basil
- 2 tablespoons fresh chopped garlic
- 1 can beer
- 2 (24-ounce) cans beef broth
- 1 cup water
- 1 (14-ounce) can peeled pear tomato pieces with liquid
- 1 tablespoon tomato paste

- 2 tablespoons brown sugar
- 1 (14-ounce) can pinto beans, drained
- 1 (14-ounce) can red kidney beans, drained
- 2 tablespoons masa harina flour (corn flour)

Brown beef, drain the fat. Leaving beef in the pot, add onion and saute quickly. Add all herbs, spices (through garlic). Saute for 5 to 7 minutes. Add beer and bring to boil. Add broth, water, tomatoes, tomato paste and brown sugar. Add pinto and kidney beans; reduce heat and simmer for 30 to 40 minutes. Check seasoning.

Dissolve masa harina flour in sufficient warm water to make it pasty; add to chili. Serve with chili toppings.

**Brett Stein of  
Catering by Michael's**

**Nutrition facts per serving:** 471 calories, 16 g fat, 6 g saturated fat, 74 mg cholesterol, 43 g carbohydrates, 38 g protein, 290 mg sodium, 14 g fiber