

## Hell's Kitchen Chili

My neighbor Susan prepared this unusual chili for me one night. Meat lovers adore this rich and hearty chili. Serve it with a salad or stir in your favorite steamed veggie.

*Serves 4-6*

### Ingredients

3 tablespoons mild flavored olive oil or peanut oil  
1 medium to large onion chopped  
2 teaspoons sweet chili powder  
2 teaspoons ground cumin  
1 teaspoon fresh oregano  
1 teaspoon dried red pepper flakes  
2 pounds of cubed stewing beef or 1 pound of beef and one pound of 1 pound of veal, cubed  
2 cups canned, crushed tomatoes  
1 3/4 cups non-fat, reduced sodium beef broth  
1/4 cup tomato paste  
1 tablespoon sugar  
1 11-ounce bottle of beer  
1 15-ounce can kidney beans, drained, rinsed  
1 cup fresh or frozen corn kernels  
1/2 teaspoon of salt  
1/4 teaspoon pepper

### Directions

In a large stockpot, heat the oil over high heat. Sprinkle the meat with salt and pepper. Working in batches, brown the meat on all sides, turning occasionally, about 8-10 minutes total. Transfer the meat to a plate. Decrease the heat to medium and add the onions, herbs, and spices. Cook 6-7 minutes, until onions are translucent, stirring occasionally.

Stir in tomato paste and cook for an additional minute until the paste begins to darken slightly. Add the sugar, beer, and stock and bring the mixture to a boil. Cover and reduce to a simmer, for 2 1/2 ñ 3 hours. Add additional stock if the mixture begins to stick to the bottom of the pot or becomes too thick. Before serving, fold in the kidney beans and corn.

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SkinnyChef.com and Skinny Chef Culinary Ventures were founded in 2003 by Jennifer Iserloh. As a private chef, Jennifer developed hundreds of nutrition-packed dishes for everyone from celebrities to gastric bypass patients. How can America stay healthy and fit, while nourishing their passion for food? Find out on SkinnyChef.com, along with brand-new recipes.

**Make It A Meal**

Shallots and Green Beans, Strawberry Spinach Salad

**Wine Pairing**

Cabernet Sauvignon, Red Zinfandel, Chianti

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