

# Southwestern Style Chili

Total Time: 1 Hour | Servings: 6

## INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium red onion, diced
- 1 lb. Goodness Grazeious™ Grass-Fed Organic Ground Beef
- 2-1/2 tablespoons chipotle pepper
- 2 tablespoons ground coriander
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1-1/2 cups beef broth
- 1 15-oz can petite diced tomatoes with juice
- 1 16-oz can red kidney beans beans, drained and rinsed
- 1 8-oz can tomato sauce
- 1 8-oz can corn, drained

## DIRECTIONS:

1. Add olive oil to large pot; place over medium-high heat for two minutes. Add onion. Cook for 5 minutes, stirring occasionally. Add ground beef to pot. Cook for 6 to 7 minutes until beef is browned, stirring occasionally.
2. Add the chipotle pepper, coriander, sugar, tomato paste, garlic powder, salt, and pepper. Stir until well combined.
3. Add broth, diced tomatoes (with juice), drained beans, tomato sauce, and corn. Stir well.
4. Bring liquid to low boil. Then, reduce heat to low or medium-low. Simmer, uncovered, for 20 to 25 minutes, stirring occasionally.
5. Remove the pot from the heat. Let the chili rest for 5 to 10 minutes before serving.

