## Short Rib Chili Dr. Bernard Oliver Dean of the School of Education

## **Ingredients**

2lbs boneless short ribs

1 tsp salt

1/2 tsp black pepper

2 Tbsp oil

1/2 medium onion

1 Tbsp garlic

1 tsp smoked paprika

1 tsp ground cumin

1 tsp dried harissa

1/2 tsp garlic powder

1/2 tsp onion powder

2 dried bay leaves

1 Tbsp chipotle pepper—diced

1 can Guiness Stout

1 quart beef broth

2 oz tomato paste

2 cans black beans drained and rinsed

Toppings: onion, sour cream, cilantro, sliced jalapeno

## 24 CAG

## Steps

Cut short ribs into 1/2" pieces. Simmer with 1 tsp salt and 1/2 tsp black pepper

Heat oil over high heat and sear the short ribs for 2-3 minutes until golden crust forms

Add 1tsp salt, onion, garlic, paprika, cumin and dried harissa. Reduce heat and cook for 5 minutes

Add the garlic powder, onion powder, bay leaves, chipotle pepper, and Guinness stout. Simmer for 10 minutes.

Add beef broth, reduce heat to low and cook uncovered for about an hour. Meat needs to be tender.

Add tomato paste, then add black beans.

(If using a crockpot, simmer overnight on low)

Top with onion, sour cream cilantro and sliced jalapenos