

Southwestern Style Beef Chili

Dr. Tyler Yu

Dean, School of Business

Ingredients

1/4 teaspoon salt
1/2 pound chili-style ground sirloin
1 cup chopped onion
1 cup chopped green onions
1/3 cup chopped green bell pepper
1/2 pound Cajun smoked sausage, chopped
1 tablespoon minced fresh garlic
1 (12-ounce) bottle beer
2 teaspoons chili powder
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1 (28-ounce) can whole tomatoes, undrained and chopped
1 (15-ounce) can dark red kidney beans, rinsed and drained
1 (15-ounce) can yellow hominy, rinsed and drained
1 (15-ounce) can garbanzo beans, rinsed and drained
1 (7-ounce) can salsa verde
2 tablespoons masa harina



Steps

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.

Add salt and beef to pan; cook 5 minutes or until browned, stirring gently. Remove from pan.

Add onion, green onions, bell pepper, and sausage to pan; sauté 5 minutes or until sausage is lightly browned.

Add garlic sauté 1 minute. Add beer, scraping pan to loosen browned bits.

Return beef to pan. Stir in chili powder, cumin, coriander, tomatoes, beans, hominy and salsa verde

Bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.

Stir in masa; cook 30 minutes.

