

Slow Cooker Steak Chili

Description

This is probably the best chili I've ever made or eaten. It's also the first time I've used steak in chili. I may never go back to ground beef unless I'm in a pinch. Or don't have half of a cow in my freezer. Those chunks of beef just fall apart in your mouth.

It's also another fantastic recipe from Emeril Lagasse's book, *Sizzling Skillets and One Pot Wonders*. (The Slow Cooker Indian Beef and Slow Cooker Chicken were favorites of ours!)

Ingredients

- 1/4 cup chili powder
- 2 tbsp whole cumin seeds
- 1/4 tsp cayenne pepper
- 1/2 tsp cinnamon
- 2 tsp dried oregano
- 3 bay leaves
- 2 tsp brown sugar
- 4 lb steak cut into 1 inch cubes
- 1 tsp black pepper
- 2 1/2 tbsp kosher salt
- 3 tbsp heat safe oil - coconut
- 2 cup diced onions
- 1 1/2 cup diced celery



Summary

Yield: 8

Source: Perrys' Plate

Prep Time: 45 minutes

Category: Chili

Cuisine: American

Tags: new pdf

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- 6 clove garlic minced
- 2 jalapeno chilies seeded and chopped
- 1 1/2 cup beef stock
- 2 tbsp tomato paste
- 1 oz semi sweet chocolate chips
- 3 tbsp corn flour - NOT cornstarch
- 2 cup water
- 2 cup chopped butternut squash - optional
- 1/2 cup chopped cilantro
- 1/2 cup chopped parsley
- 1 grated cheddar, green onions and sour cream for garnish

Instructions

Combine the first 7 ingredients in a small bowl and set aside.

Add the beef to a large bowl and season with the black pepper and 1 Tablespoon of the salt.

Heat the oil in a large, deep skillet or saute pan over high heat.

Add about 1/3 of the beef to the skillet.

Let the meat sit for a minute or so, then stir them up.

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Cook for another couple of minutes, then transfer the meat to the crock of a 6-quart slow cooker.

Repeat with remaining beef, adding it to the skillet in two more batches and browning them in spots.

Add more oil between batches, if necessary.

When you're finished with the beef, add the onion, celery, and 1 Tablespoon of the remaining salt to the skillet and cook, stirring, until the vegetables begin to soften, about 2 minutes.

Add garlic, jalapenos, and spice mixture and cook for another minute.

Pour in the stock, tomato paste, and crushed tomatoes and simmer for 3 minutes.

Stir in the chocolate, masa harina, and another couple large pinches of salt and cook for another minute.

Transfer this mixture to the slow cooker with the beef.

Add the water and the squash cubes (if using).

Cover and cook on high for 6 hours, stirring only once or twice, until the beef is very tender.

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Remove the bay leaves and stir in the cilantro and parsley.

Serve the chili with garnishes.