



Beef Chili

Makes 10 to 12 servings

Prep: 10 minutes; Cook: 2 hours, 18 minutes

- 3 tablespoons canola oil, divided
 - 4 pounds beef stew meat
 - 2 teaspoons salt
 - 1 (32-ounce) carton *Kitchen Basics® Original Beef Cooking Stock*
 - 4 (14.5-ounce) cans fire-roasted diced tomatoes
 - 2 (8-ounce) packages refrigerated diced onion
 - 1 smoked ham hock
 - 1½ cups water
 - 3 (1.25-ounce) packages mild or spicy chili seasoning mix
- Garnish: chopped *Avocado from Mexico, Daisy® Sour Cream*, shredded Cheddar cheese, lime wedges, sliced green onions, chopped radishes

1. In a large Dutch oven, heat 1 tablespoon oil over medium-high heat. Lightly spray beef with nonstick

cooking spray; sprinkle with salt. Add one-third of beef to pan; cook for 6 minutes or until browned, turning beef occasionally and reducing heat to medium, if necessary. Remove beef from pan. Repeat procedure with remaining beef and oil.

2. Return beef to pan. Stir in stock, tomatoes, onion, ham hock, 1½ cups water, and chili seasoning mix, scraping browned bits from bottom of pan with a wooden spoon. Bring to a boil; reduce heat to medium-low. Simmer, uncovered, stirring occasionally, for 2 hours, or until beef is tender. Remove and discard ham hock. Garnish with avocado, sour cream, cheese, lime wedges, green onions, or radishes, if desired.

Note: Chili is best made the day before serving. Cover and chill overnight. Remove and discard excess fat from surface before reheating.