

# Double Beef Chili

## Serves 6-8

Adjust the heat on this basic beef chili by adding more jalapenos or cayenne. I used Rancho Gordo black beans, which are wonderfully creamy and delicious. If you want to use canned beans instead, that's fine, and it will cut down significantly on the cooking time. Use about three 14.5-ounce cans, saving one can's worth of the bean liquid, and draining and rinsing the other two. When you add the beans and bean liquid, also add about 2 cups of chicken broth.

## The beans

- ½ pound dried black beans, rinsed and soaked 4-6 hours or overnight
- 3 cloves garlic, smashed
- 2 bay leaves

## The chili

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 2 large red peppers, roasted, peeled and seeded, and cut into medium dice
- 2 jalapeno peppers, minced
- ½ pound ground beef
- ¾ pound top sirloin, cut into ½-inch dice
- Kosher salt
- Freshly ground black pepper
- ¼ teaspoon cayenne pepper
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1½ teaspoons dried oregano
- ½ teaspoon smoked paprika
- ½ teaspoon cinnamon
- 1 28-ounce can whole tomatoes, chopped, with half of the can's liquid
- ½ fresh orange, juiced
- Cooked black beans (from above)
- 1 14.5-ounce can kidney beans
- Chopped red onions, for garnish
- Sour cream, for garnish
- Shredded cheddar cheese, for garnish

**For the beans:** Pour the beans plus their soaking liquid into a stockpot, and add additional water to cover by 1-2 inches. Add the smashed garlic and bay leaves, and bring to a boil. Lower heat and simmer for about 1 hour, until the beans have softened but aren't fully cooked through (they'll continue to cook in the chili).

**For the chile:** Heat the oil in a large Dutch oven or stockpot over medium heat. Add onions and garlic and saute for about 5 minutes, until onions have softened slightly. Add red and jalapeno peppers, and continue to cook for another 3-5 minutes. Transfer mixture to a bowl and set aside.

Season meat with salt and pepper to taste. In the pot, add the ground beef and top sirloin and saute until browned on all sides, breaking up ground beef as you go, about 4 minutes.

Add onion and pepper mixture back into the pot and stir to combine. Add the ¾ teaspoon salt, ½ teaspoon pepper and the cayenne pepper through the cinnamon, and stir until the spices are evenly distributed.

Pour in the tomatoes and juice, fresh orange juice and cooked black beans plus 3 cups of bean cooking liquid (add chicken broth or water if you don't have enough). Stir well, and simmer over medium-low heat for about 1½-2 hours, until meat is tender, liquid has thickened, and beans are fully cooked through. If you are using canned black beans, cooking time will be less. Add kidney beans, with the bean liquid, in the last 30 minutes of cooking. Season to taste with salt and pepper.

Serve with chopped red onions, sour cream and shredded cheese.

**Per serving:** 327 calories, 26 g protein, 34 g carbohydrate, 10 g fat (3 g saturated), 47 mg cholesterol, 501 mg sodium, 12 g fiber.