

## Hearty Steak and Bean Chili

**Total Recipe Time:** 2-1/2 to 3-1/4 hours

3 pounds Shoulder Steaks, cut 3/4 inch thick  
2 tablespoons vegetable oil  
1/2 teaspoon salt  
1 medium green bell pepper, chopped  
1 medium onion, chopped  
2-1/2 cups roasted tomato or regular salsa  
1/4 cup chili powder  
2 teaspoons ground cumin  
2 cans (15 ounces each) black beans, rinsed, drained

**Toppings:**

Guacamole, chopped fresh cilantro, chopped purple onion, chopped tomato and tortilla chips (optional)



1. Cut beef steaks into 3/4-inch pieces. Heat 1 tablespoon oil in stockpot over medium heat until hot. Brown beef in three batches; season with salt. Set aside.
2. Add remaining 1 tablespoon oil, bell pepper and onion to same stockpot. Cook and stir 6 to 8 minutes or until vegetables are tender. Return beef and accumulated juices to stockpot. Add salsa, chili powder and cumin; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender. Stir in beans; cook, uncovered, 10 to 15 minutes or until beans are heated through, stirring occasionally.
3. Serve chili in bowls. Garnish with Toppings, as desired.

**Makes 8 servings**

**Nutrition information per serving:** 289 calories; 10 g fat (3 g saturated fat; 5 g monounsaturated fat); 78 mg cholesterol; 736 mg sodium; 23 g carbohydrate; 6.1 g fiber; 32 g protein; 11.2 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 3.3 mcg vitamin B<sub>12</sub>; 5.0 mg iron; 31.5 mcg selenium; 8.1 mg zinc; 89.2 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of choline.

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