

# Crowd-Pleasing Beef Chili

Serves 12

- ¼ cup vegetable oil
- 3½ lbs. beef for stew, cut into ½-inch cubes
- 2 small onions, chopped
- 3 medium green bell peppers, diced
- 4 cloves garlic, crushed
- 12-oz. can tomato paste
- two 28-oz. cans chopped tomatoes
- ½ cup chili powder
- ¼ cup sugar
- 2 tsp. salt
- 2 tsp. dried oregano
- ¾ tsp. black pepper
- 2 cups water

**1** In a large pot over high heat, warm vegetable oil. Add beef in batches and cook until browned on all sides. Remove meat to a bowl with a slotted spoon as it browns; set aside.

**2** Add onions, green peppers and garlic to drippings in pot; sauté over medium heat for 10 minutes, stirring occasionally.

**3** Return meat to pot. Add tomato paste, tomatoes with their liquid, chili powder, sugar, salt, oregano, pepper and water; bring to a boil over high heat. Reduce heat to low; cover and simmer 1½ hours, or until meat is fork-tender, stirring occasionally. Serve garnished with guacamole, if you like.

*Each serving: About 358 calories, 32g protein, 21g carbohydrate, 17g fat (5g saturated), 4g fiber, 73mg cholesterol, 1,049mg sodium*

RECIPE ADAPTED WITH PERMISSION FROM GOOD HOUSEKEEPING