



## SLOW COOKER STEAK CHILI

**SERVINGS: 4-6 | PREP TIME: 5 MINS | COOK TIME: 5.92 HOURS**

- Put the stew beef chunks, onion, pinto beans, tomatoes and beef broth in the bottom of the slow cooker. Sprinkle with chili powder, ground cumin, salt, garlic powder, crushed red pepper flakes, dried oregano, paprika and pepper. Stir gently to combine.
- Turn the slow cooker onto HIGH and cook for 5-6 hours or until beef shreds easily with a fork.
- Shred beef with a fork before serving, if desired. Add optional toppings of choice and serve warm.
- **FREEZER MEAL INSTRUCTIONS:**

**To freeze:** Place all ingredients in freezer bag and seal BEFORE cooking. Freeze until ready to use. (Note: You can also cook the chili fully, cool it and freeze for later.)

**To prepare:** Thaw in the refrigerator or using the defrost setting on the microwave. Cook in the slow cooker according to directions. (Note: If chili is fully cooked, then warm over low heat in Crock-Pot or on stove top.)

1 ½ pounds stew beef, cut in 2-inch chunks

½ medium onion, finely diced (or ½ cup frozen diced onions, to save time)

1 (15-ounce) can pinto beans, drained and rinsed

1 (28-ounce) can petite diced tomatoes, with juice

1 cup beef broth

1 TBSP. chili powder

1 ½ tsp. ground cumin

1 tsp. salt

½ tsp. garlic powder

¼ tsp. crushed red pepper flakes (or more to add heat)

¼ tsp. dried oregano

¼ tsp. paprika

¼ tsp. black pepper

Optional toppings: grated cheese, sour cream or Greek yogurt, diced avocados, a squeeze of lime, fresh cilantro