

Bears Chili

Soldier Field, Senior Executive Chef Erin Wishon

8 Servings

Ingredients

- Oil, Salad, 2 tablespoons
- Onion, Diced, 3 ounces
- Garlic, Minced, 2 tablespoons
- Beef, Ground, 2 pounds
- Flour, 3 ounces
- Cumin, 2 teaspoons
- Chili Powder, 2 teaspoons
- Oregano, 1 teaspoon
- Broth, Beef, 5 ounces
- Tomato, Diced, Fresh, 5 ounces
- Tomato Sauce, 5 ounces
- Chipoltes, in sauce, Chopped, 1 ounce
- Beans, Kidney, 6 ounces
- Beans, Great Northern, 6 ounces

Method:

Heat pan, add oil and diced onions. Sauté onions until translucent. Add garlic & ground beef. Cook to an internal temperature of 165 degrees F. Drain the beef mixture in a colander

Once fully drained, add beef mixture back to the pan and dust with flour. Stir the flour into the beef until coated and cook for 1-2 minutes. Add cumin, chili powder & oregano – incorporate thoroughly.

Pour beef broth into mixture and stir until well incorporated Add tomatoes, tomato sauce, chopped chipotles, and beans to the mix. Simmer for 30 minutes. Serve with tortilla chips, shredded cheddar cheese, and sour cream