

## Slow Cooker Beef and Black Bean Chili

Every year around this time, I vow to use my Crock Pot more and more, but the urge comes and goes, usually with a few mediocre slow cooked meals under my belt.

Don't get me wrong, I love the "set it and forget it" idea of the slow cooker, but I'm rarely amazed by anything that comes out of it. Once in a while, though, I hit a home run, like this chili recipe. Chili is what the slow cooker was made for. It needs that long, slow simmer to develop flavor, and with a Crock Pot, you get that while also being able to leave for the day.

This recipe starts with steak browned in Ava Jane's Kitchen Avocado Oil and spices, and ends with a long slow simmer in your slow cooker. It's the best kind of weeknight meal on a cold day, and makes amazing leftovers.

Top with whatever you like - cheese, peppers, onions, sour cream, or even corn chips. Eat it with cornbread for the best kind of winter meal imaginable.

## Slow Cooker Beef and Black Bean Chili

Serves 4-6

Prep time: 8+ hours

### Ingredients:

4 tablespoons Ava Jane's Kitchen Avocado Oil

1 onion, diced

1-2 jalapeno peppers, seeded and minced

2 pounds cubed boneless beef

1 tablespoon chili powder

1 teaspoon ground cumin

1 teaspoon oregano

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1/2 teaspoon ground coriander

3 cloves garlic, minced

2 14-ounce cans diced tomatoes

2 14-ounce cans black beans, drained and rinsed

1 cup corn kernels

Water or broth

Juice of 1 lime

Toppings of your choice: cheese, sour cream, chopped cilantro, Colima Sea Salt

### Directions:

In a large sauté pan, heat the oil over medium heat. Add the onions and peppers, and cook until soft. Add the beef. Cook until browned on all sides and add the seasonings. Cook

for about 2 minutes, add the garlic, and cook for about a minute. Turn off heat and transfer mixture to your slow cooker.

Add the tomatoes, beans, corn and enough water or broth to ensure everything is covered. Turn on low heat and simmer for 8 hours or so, to ensure beef is tender. Add the lime juice.

Top with your favorite accompaniments and serve.