

## Ancho Macho Chili



**Prep Time:** 10 minutes

**Cook Time:** 2 hours and 45 minutes

### Ingredients:

5 pounds boneless beef chuck stew meat, cut into 1 ½ inch cubes  
2 tsp. kosher salt  
½ tsp. freshly ground black pepper  
3 tbsp. virgin olive oil or canola oil, divided  
1 medium yellow onion, chopped  
3 tbsp. ancho chile pepper powder or Mexican-style chili powder  
1 (14 ½ ounce) can diced tomatoes with green chiles  
¾ cup dry red wine or chicken broth  
4 large roasted garlic cloves, minced

### Directions:

Cooking evaporates alcohol, which is why the recipe is suitable for Induction despite the red wine. But feel free to use chicken broth instead. Jarred roasted garlic cloves can be found in the produce section of most supermarkets.

1. Heat oven to 325 F.
2. Toss beef with salt and pepper. Heat 1 ½ tsp. oil in a Dutch oven over high heat. Add one-third of the beef and brown on all sides, about 5 minutes.
3. Transfer to a bowl and repeat two more times with beef and oil.
4. Add the last 1 ½ tsp. oil to Dutch oven and cook onion until lightly browned. Stir in chili powder, tomatoes, wine, and garlic; bring to a simmer. Return beef and accumulated juices to Dutch oven.
5. Cover and bake 2 ½ hours, stirring once halfway through cooking time, until beef is very tender.
6. Top with shredded cheese, sour cream, or green onions (optional).

### Nutrition Facts

Makes 10 servings

Amount per serving:

<b>Calories</b>	325
<b>Net Carbs</b>	3.5 g
<b>Dietary Fiber</b>	1.5 g
<b>Total Fat</b>	12.5 g
<b>Protein</b>	44 g