

Meaty Chili with Beans and Kale from KellyintheKitchen

INGREDIENTS

olive oil and butter

1 lb stew beef, cubed

salt and pepper

1 onion, chopped

1 clove garlic, minced

1/2 tsp oregano

1/2 tsp ground cumin

1/4 tsp cayenne pepper (or to taste)

1/2 tsp red pepper flakes (or to taste)

2 cups canned diced tomatoes with juice

1/2 cup bell pepper, chopped (any color)

dash of Worcestershire sauce

1 can pinto beans

1/3 cup strong coffee

1 cup kale, finely chopped

toppings: avocado, sour cream, shredded cheese, tortilla chips, etc.

DIRECTIONS

Heat a Dutch oven or other large pot with a lid over medium high heat. Add olive oil and butter and brown the beef in batches, so as not to crowd the pan. Remove the browned beef to a plate and set aside.

Turn the heat down to medium low. In the same pot, add the onions, garlic, and salt, to keep the onions from browning too quickly. Cook until softened and stir in oregano, cumin, cayenne pepper, and red pepper flake. Cook for a minute, just until the spices are fragrant.

Pour in the tomatoes, bell pepper, and Worcestershire sauce, and add the beef back to the pot.

Bring the chili to a boil and then turn down to a simmer. Put the lid on the pot and cook for 2 1/2 hours, stirring occasionally and checking to make sure the chili has enough liquid, adding as necessary.

After 2 1/2 hours, add the coffee, beans, and kale. Cook another 10-15 minutes or so, until the kale is cooked. Dress it up with toppings and dig in!