



Grassfed Beef Chili

2 Lbs.	Ground Grassfed Beef
3 Tbl.	Olive Oil for Frying
1 C.	Tomatoes, (16 ozs.) Chopped, Include Liquid
3	Cloves Garlic, Minced
1	Large Onion, Chopped
½	Large Onion, Minced (cover with white vinegar & refrigerate)
	Sliced, Ripe Olives
1½ tsp.	Cumin, Ground
½ tsp.	Salt, or To Taste
½ tsp.	Black Pepper
3 Tbl.	Chili Powder
3	Chili Pequines or 1/8 tsp. Cayenne, Optional (amount will vary according to desired degree of spicy hot. Taste chili after 30 minutes of cooking, then start with 1 chili pequine at a time or a dash of cayenne).
1	Can Pinto Beans or 1 ½ C. Home Cooked Pinto Beans
2 Tbl.	Flour or Masa Mix
1 Tbl	White Vinegar

Heat oil in a heavy 6 quart cast iron pot. Brown ground grassfed beef until meat is grey. Add 1 chopped onion & cook until transparent. Sprinkle flour or masa mix over meat & blend well. Add tomatoes, garlic, cumin, salt & pepper & 2 tablespoons chili powder. Simmer all for 30-45 minutes. Taste the chili at this point & then add 1 more tablespoon chili powder; taste again; add chili pequines to taste. Simmer over very low heat for 30 minutes. Now add pinto beans to chili meat & simmer 15-20 minutes or until beans are heated through. Garnish with minced onions & vinegar, sliced ripe olives, grated cheddar cheese & corn chips.

Serves 6.