

## Chili



2 pounds chopped meat, a mix of  
 all meats (¼ inch cubes)  
 2 whole red bell peppers (coarse cut)  
 1 medium yellow onion (small cut)  
 8 ounces chorizo sausage (small cut)  
 1 ½ cup northern white beans  
 1 tablespoon cumin  
 ½ tablespoon chili flakes  
 ½ tablespoon cinnamon  
 ½ cup of dark chili powder  
 1 tablespoon low sodium of beef  
 base  
 1 ½ cups dark chocolate syrup  
 ¼ cup olive oil

## How to Prepare:

Heat up a sauté pan. Add a quarter cup of olive oil to hot pan then add spices and stir them for 2 minutes until the smoky flavor releases from the spices. Cook beans until tender. Save the stock from the beans to add in the chili. Using a large pot, heat up on stove, and then add meat, peppers, onions, chorizo, and spices. Cook for about 20 minutes, stirring occasionally until beef is almost cooked completely. Add beans, liquid from the beans, and the chocolate syrup. Stir then let simmer for 10 minutes. When ready to serve add a dollop of sour cream and chopped chives.

## Tips for cooking a perfect steak at home!

Pan Sear... Heat up a saute pan.

Take your steak season it with salt and pepper.

Using a ½ tablespoon of olive oil add to saute pan then add steak in the hot pan. Cook until brown on each side then then finish off in the oven adding butter on the steak. Place in a preheated 350° oven then cook until desired temperature.

Using an outdoor grill.

Make sure the grill is hot.

Season your steak with salt and pepper. Place on grill and cook for about 4 minutes then flip steak over and cook the other side for 4 minutes. Repeat the cooking process until desired temperature.



STEAKHOUSE

116 BROOKE AVE.

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