



# Chili Con Carne

2 lb. (1 kg.) boneless beef chuck, trimmed and cut into 1/2-inch (12-mm.) cubes

Salt and freshly ground pepper

2 tbs. canola oil

1/2 cup (2 oz./60 g.) finely chopped mixed chiles, such as jalapeno, serrano and poblano, seeded

1 small red bell pepper, seeded and finely chopped

8 cloves garlic, minced

4 tsp. chili powder

1 tsp. ground cumin

1/2 tsp. ground coriander

1 can (28 oz./875 g.) diced tomatoes

1 tsp. dried oregano

2 cups (16 fl. oz./500 ml.) beef broth or water

1 cup (8 oz./250 g.) sour cream (optional)

Leaves from 12 cilantro sprigs

Sprinkle the meat evenly with salt and pepper. In a large, heavy frying pan, warm 1 tablespoon of the oil over medium heat. Working in batches, brown the beef cubes on all sides, about 5 minutes per batch. Transfer to a large, heavy pot.

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Warm the remaining 1 tablespoon oil in the pan over medium heat. Add the chiles, bell pepper and garlic and saute until the vegetables are softened and beginning to turn golden, about 5 minutes. Stir in the chili powder, cumin and coriander and cook for about 1 minute. Add the tomatoes with their juices and the oregano, season with salt and pepper, and stir well to scrape up any browned bits on the pan bottom.

Add the vegetable mixture to the pot with the beef. Place over medium heat, add the broth, and bring to a gentle boil, stirring occasionally. Reduce the heat to maintain a gentle simmer, cover, and cook until the meat is very tender and the liquid is slightly thickened, about 2 1/2 hours. If the chili seems too soupy, uncover the pot for the last 30 minutes to evaporate some of the liquid.

Season the chili with salt and pepper and serve, garnished with sour cream, if desired, and cilantro leaves. Serves 4-6.

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