

# Grass Fed Beef Chili

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## Ingredients:

2 Pounds Graze The Prairie Hamburger

1 Medium Onion (diced)

1 Can Organic Tomatoes (14.5 oz)

## Directions:

- In a Dutch oven brown ground beef. When ground beef is almost done, add the diced onion and cook until the onion is translucent.
- Add the Chili Seasoning Blend and allow the spices to toast for a minute or so while stirring constantly.
- Add tomatoes and water and bring the chili to a boil over medium heat.
- Reduce heat to low and simmer covered for 45 minutes. Stir occasionally.
- Optional – Add in one (or more if you like)
- 1 Can of Beans of your choice or Hominy. Drained and rinsed.
- 1-2 Cups Frozen Corn
- Continue simmering for 10-15 minutes until your add-ins are hot. Season with Salt and Pepper to taste and enjoy with your favorite topping!
- NOTE- For Instant Pot: Add only enough water to reach your desired Chili consistency. Pressure-cook 15 minutes. Natural release.

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