

Slow Cooker Chili Colorado

Ingredients:

2 cans green chilis
3 pounds boneless beef chuck roast
¼ cup whole wheat flour
2 tablespoons chili powder
1 teaspoon crushed red pepper flakes
2 teaspoons sea salt
2 teaspoons coarse black pepper
2 tablespoons extra virgin olive oil
3 cups organic beef broth
1 medium yellow onion, chopped
3 tablespoons fresh cilantro, stems removed and finely chopped
Optional (to add more heat): 2 – 3 jalapeño peppers, seeded and chopped

Directions:

1. Add green chilis to blender or food processor and blend until smooth. Set aside.
2. Trim off excess fat from chuck roast and cut into equal size chunks. The meat will become very tender and easy to pull apart while in the slow cooker - so larger chunks are fine.
3. In a small bowl, combine flour, chili powder, crushed red pepper, salt and pepper. Sprinkle seasoned flour over beef chunks and toss to coat lightly.
4. Heat olive oil in large 12" skillet over medium-high heat. With tongs, lift individual floured beef chunks and shake off excess flour. Place beef in hot skillet and brown on all sides. Work in batches to prevent overlapping or overcrowding pieces.
5. Remove browned beef from pan and add to slow cooker. Repeat browning process with remaining floured beef slices.
6. Add pureed green chilies, beef stock, chopped onion and jalapeño peppers (if desired) to slow cooker. Cook on high for 4 hours or low for 8. When done cooking, transfer to serving bowl and stir in fresh cilantro, reserving some for garnish.
7. Serve with soft flour tortillas, refried beans, and Mexican rice, if desired.