

# SLOW COOKER CHILI CON CARNE

 8-9 HOURS (15 MIN HANDS ON)

## INGREDIENTS

- 2.5-3 lb boneless beef chuck or rump roast
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1/2 large onion, chopped
- 1 Tbsp minced garlic
- 16 oz jar favorite tomato salsa
- 2 14.5-oz cans fire roasted diced tomatoes
- 3 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 Tbsp smoked paprika
- 2 tsp dried oregano
- 1 Tbsp brown mustard
- 2 Tbsp tomato paste
- 2 tsp kosher salt
- 1 cup beef stock
- 1 14.5-oz can black beans, drained
- Chopped cilantro

## DIRECTIONS

In a large slow cooker, combine all ingredients through beef stock. Cover and cook on LOW 8-9 hours.

Remove roast and shred with two forks (then chop into bite-sized pieces if you prefer) and return to slow cooker. Stir in black beans and a large handful of chopped cilantro. Season to taste with additional salt.

