

## Florida Beef Chili



### Ingredients

1# lean ground beef  
1 tbsp. bacon fat, or vegetable oil if needed  
1 cup onion, diced small  
2 cloves garlic, minced  
2 heaping tsp. ground cumin  
 $\frac{3}{4}$  tsp. garlic powder  
2 tbsp. sweet paprika  
 $\frac{1}{2}$  tsp. smoked paprika  
 $\frac{1}{2}$  to 1 tsp. cayenne pepper, depending on how spicy you'd like it  
 $\frac{1}{4}$  tsp. ground coriander  
pinch ground cinnamon  
1 bay leaf

2 cans diced tomatoes with juice  
3 cups beef stock or broth  
1 tsp. salt  
 $\frac{1}{2}$  tsp. ground black pepper  
12 oz. can beans, any kind  
 $\frac{1}{2}$  cup diced Florida Bell Peppers  
2 tbsp. chopped parsley

### For Garnish if desired

Sour cream  
Shredded Monterey jack cheese  
Diced fresh Florida Avocado  
Sliced scallions

### Procedure

1. Place ground beef in a 3-quart sauce pot. Brown over medium high heat, using a spoon or spatula to break up the meat as it cooks.
2. When cooked add the onion and garlic. Add bacon fat if needed for more fat. Stir and cook for 1 minute. Add all the spices. Stir and cook for approximately 30 seconds.
3. Add the tomatoes, stock and bell peppers, and season with salt and pepper.
4. Bring to a simmer and simmer for approximately 30 minutes, until flavors meld and sauce is slightly thickened, or as desired. Add beans and heat through.
5. Add parsley for color and stir in.
6. Easily freezes!
7. Garnish as desired.

Yields approximately 2 qts. of chili