



Black Bean Chili

Serves: 6-8

Serve with Joseph Phelps Vineyards Le Mistral

1 lb. Ground beef
½ ea. Spanish onion, diced
1 ea. Garlic clove, whole
1 Tbsp. Dried jalapeño
dash Red chili flakes
2 ea. California chilies, 1 ground, 1 whole
1 Tbsp. New Mexico chilies, ground
1 can Beef broth
1 can Chicken broth
12 oz. Negra Modelo beer
1 Tbsp. Mexican oregano
¼ cup Masa harina
¼ cup Water
1 can Black Beans
1 can Tomatoes, peeled & diced
Salt and Pepper to taste

Heat a 2 qt. saucepot over high heat. Add the ground beef, season, cook out any water and allow to brown well. Note: Most grocery stores include ice when grinding their meats to add weight.

Add the onion and cook until translucent. Add the garlic clove and cook until it develops aroma.

Add all remaining ingredients except the masa harina and water. Bring to a boil and lower to a slow simmer. Allow to simmer about 30 minutes, stirring occasionally.

When the whole chili begins to break up while being stirred, it is done. It not only provides flavor, but also functions as a timer.

Combine the masa harina and water. Stir into the chili, bring to a boil, lower the heat and simmer about 20 minutes. You will likely need to adjust the seasoning with salt after adding the masa “slurry.” Adjust the consistency if needed. It should be a rather thick stew-like consistency.

Note: Any slow-cooking dish like chili will always taste better if allowed to develop flavor for a day or two in the refrigerator. The chili will become thicker if allowed to develop for a few days.