



SERVING SIZE: 4 | PREP TIME: 20 MINUTES | COOK TIME: 1 HOUR + 40 MINUTES

Classic Chili con Carne on Cornbread Toasts

Tender morsels of beef simmered in a rich tomato sauce and served on crisp cornbread make a warming party appetizer.

INGREDIENTS:

- 1 ½ lb *Open Prairie*® Natural Angus Beef chuck pot roast, cut into ½-inch cubes
- 3 Tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can tomato paste (5 ½ oz)
- 1 Tbsp chili powder
- 2 tsp cocoa powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp freshly ground pepper
- 1 can crushed tomatoes (28 oz)
- 1 ½ c beef stock
- 8 slices cornbread (4- x 1-inch thick)
- 1 avocado, peeled, pitted and sliced
- ½ c shredded Cheddar or Monterey Jack cheese

DIRECTIONS:

1. In Dutch oven or saucepan, heat 1 tablespoon oil over medium-high heat; brown meat in batches. Transfer to plate or bowl.
2. Reduce heat to medium. Add remaining oil to saucepan; cook onion and garlic, stirring, for about 5 minutes or until softened. Add tomato paste, chili powder, cocoa, cumin, oregano, salt and pepper; cook, stirring occasionally, for 5 minutes.
3. Return beef to saucepan. Stir in tomatoes and stock; bring to boil. Reduce heat to low; cover and simmer, stirring occasionally, for about 1 ½ hours or until beef is very tender and sauce is thickened.
4. Place cornbread slices on baking sheet and toast in 375°F oven for about 10 minutes or until crisp and lightly golden. Top with a spoonful of chili, sliced avocado and cheese.

TIPS:

- The chili can also be served as an appetizer on smaller pieces of cornbread.
- You can make this chili ahead. The flavor actually improves after being refrigerated overnight before reheating.
- Use cornbread mix to make an 8-inch square cornbread. Cut into 4 squares; cut each square horizontally in half and toast until golden.

SERVINGS: 1 | CALORIES: 410 | TOTAL FAT: 24g | SODIUM: 890mg | TOTAL CARBOHYDRATE: 26g | PROTEIN: 25g

*Minimally processed. No artificial ingredients.

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