



Glenn's Chili

Step 1: Brown the Beef

- 2 lbs grass-fed ground beef
- 1 tsp chili powder
- 1 tsp cumin

Brown the ground beef with chili powder and cumin in a large pan over medium heat. Once cooked through, remove from the pan and set aside.

Step 2: Sauté the Veggies

- 2 large onions, chopped
- 4 to 6 cloves garlic, chopped
- 2 jalapeños, diced
- 2 tbsp extra virgin olive oil (EVOO)

In the same pan, heat EVOO and sauté the onions, garlic, and jalapeños until softened. Add the cooked beef back into the pan and stir until everything is well combined.

Step 3: Build the Base

- (2) 15 oz cans diced tomatoes
- (1) 15 oz can tomato sauce
- (1) 6 oz can tomato paste
- (1) 12 oz jar salsa (your choice – green chili salsa works great!)
- (1) 15 oz can chili beans
- (2) cans V8 or tomato juice
- 3 to 4 tbsp chili powder (adjust to taste)

Add all ingredients to a large pot. Stir well and bring to a simmer. Let it cook for 20–30 minutes (the longer it simmers, the better the flavor!).

Step 4: Final Touches

- (1) 16 oz can kidney beans, rinsed
- (1) can beer
- (1) 2.5 oz can sliced black olives
- 1 tsp cumin
- Salt and pepper to taste
- Frank's RedHot (optional – for heat lovers!)

Add the remaining ingredients to the pot and continue simmering for at least another 20 minutes.

To Serve:

Ladle into bowls and enjoy with warm ciabatta bread straight from the oven.