

Texas Two-Meat Chili

Pillsbury Best One Dish Meals - February - 2011

Servings: 6

Preparation Time: 25 minutes

Start to Finish Time: 7 hours 25 minutes

1 pound boneless beef chuck steak, cut into 1-inch pieces

1 pound pork tenderloin, cut into 1-inch pieces

1/4 cup all-purpose flour

1 tablespoon vegetable oil

2 cans (10 oz) tomatoes with green chiles, undrained

1 can (16 oz) pinto beans, undrained

1 can (12 oz) regular or nonalcoholic beer

1/2 cup red onion, chopped

2 tablespoons chili powder

1 teaspoon ground cumin

1/2 teaspoon salt

1/2 teaspoon garlic powder

1/8 teaspoon ground cinnamon

green onions (if desired), sliced

In a large resealable plastic bag, place the beef, pork and flour. Seal the bag and shake until coated.

In a 12-inch skillet, heat the oil over medium-high heat.

Cook the beef and pork for 8 to 10 minutes, stirring frequently, until browned on all sides.

Spray the bowl of a 4 to 5 quart slow cooker with cooking spray.

In the slow cooker, mix the meat, tomatoes, pinto beans, beer, red onion, chili powder, cumin, salt, garlic powder and cinnamon.

Cover and cook on LOW for 7 to 9 hours.

Before serving, skim off any fat.

Sprinkle with green onions, if desired.

Per Serving (excluding unknown items): 254 Calories; 6g Fat (20.3% calories from fat); 24g Protein; 27g Carbohydrate; 9g Dietary Fiber; 49mg Cholesterol; 245mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.