

# Cooking at Riegelmann's

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[www.tasteofexcellencepdx.com](http://www.tasteofexcellencepdx.com)

## Black Bean and Beef Chili

Yield: 6 Servings

1 Tablespoon Canola or Vegetable Oil  
1 Medium Onion Diced  
1 Clove of Garlic Diced  
1 Pasilla Chili Diced  
1 Pound Lean Ground Beef  
1 Tablespoon Ground Cumin  
1 Tablespoon Ground Coriander  
1 Tablespoon Ground Chili Powder  
1 ½ teaspoon Salt  
2 cups Stewed Tomatoes Diced  
2 cups Cooked Black Beans

4 cups Beef Stock  
1/8 cup Fresh Cilantro Chopped  
1 cup Fresh or Frozen Corn

Garnish: (optional)  
Shredded Cheese  
Sour Cream  
Avocado  
Cilantro

In a stock pot, heat oil and add onion, garlic and pasilla chili. Cook until soft. Add ground beef, cumin coriander, chili powder and salt. Cook until the beef is brown and cooked through. Add tomatoes, black beans and beef stock. Bring to a simmer. Add in fresh cilantro and corn. Serve over tortilla chips. Garnish with shredded cheese, sour cream, avocado and cilantro. Enjoy!



*Black Bean & Beef Chili*