

Chunky Beef and Corn Chili

Serves 4

- » 1 pound beef bottom round cubed steaks, all visible fat discarded
- » 1 tablespoon chili powder
- » 2 teaspoons canola or corn oil
- » 1 large onion, chopped
- » 1 medium jalapeno, minced
- » (2) 14.5-ounce cans no-salt-added diced tomatoes, un-drained
- » 1 cup frozen whole-kernel corn

Cut the steaks into 1-inch pieces. Sprinkle with the chili powder.

In a Dutch oven, heat the oil over medium-high heat. Add the beef, onion, and jalapeno. Cook for 2 to 3 minutes, or until the surface of the beef is no longer pink, stirring constantly.

Stir in the un-drained tomatoes and corn. Increase the heat to high and bring to a boil. Reduce the heat and simmer, uncovered, for 20 minutes.

