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# Spicy Steak and Black Bean Chili (Slow Cooker)

*The Essential Southern Living Cookbook*

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 8 hours 20 minutes

**2 pounds boneless top sirloin steak, cubed**  
**2 tablespoons vegetable oil**  
**3 cans (15.5 ounce ea) black beans**  
**2 cans (14.5 ounce ea) diced tomatoes**  
**2 cans (4.5 ounce ea) chopped green chilies**  
**1 large sweet onion, diced**  
**1 green bell pepper, diced**  
**4 cloves garlic, minced**  
**1 can (12 ounce) beer**  
**1 (3.625 ounce) chili seasoning kit**  
**shredded cheddar cheese (for topping)**  
**diced tomatoes and avocado (for topping)**  
**sour cream (for topping)**  
**sliced scallions (for topping)**  
**chopped fresh cilantro (for topping)**

In a large skillet over medium-high heat, cook the steak in hot oil, stirring often, until browned, 4 to 5 minutes.

Place the steak in a lightly greased six-quart slow cooker. Stir in the black beans, tomatoes, green chilies, onion, bell pepper, cloves and beer. Stir in the packets from the chili seasoning kit (omitting the masa and red pepper packets).

Cover and cook on LOW heat for eight hours.

Serve with the desired toppings.

(NOTE: You may substitute two pounds of ground round for the steak. Omit the oil, and brown the ground round in a large skillet over medium-high heat, stirring often, for 8 minutes or until the meat crumbles and is no longer pink. Drain. Proceed with the recipe as directed.)

**Slow Cooker, Soup, Stew and Chili**

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*Per Serving (excluding unknown items): 317 Calories; 5g Fat (13.2% calories from fat); 17g Protein; 52g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.*