



## Slow Cooker Beef Chili

with Fritos & Cheddar

 5h  2 Servings

Who can resist a warm bowl of beef and bean chili topped off with melting cheddar and crunchy Fritos? We're putting the slow cooker to work here so that you don't have to. Ground beef and kidney beans are bolstered by earthy cocoa powder and Tex-Mex spices. They stew along with onions, poblano peppers, garlic and tomatoes before we serve with cheese and Fritos! Cook time is 8 hours. (2-p plan serves 4; 4-p plan serves 8)



## What we send

- 1 yellow onion
- 2 poblano peppers
- garlic
- 2 (10 oz) pkgs grass-fed ground beef
- 2 (¼ oz) Tex-Mex spice blend
- ¾ oz unsweetened cocoa powder
- 14½ oz whole peeled tomatoes
- 15 oz can kidney beans
- 2 (2 oz) shredded cheddar-jack blend <sup>1</sup>
- 3 bags Fritos
- 4 (1 oz) sour cream <sup>1</sup>

## What you need

- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- sugar

## Tools

- large skillet
- slow cooker

## Cooking tip

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## Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 40g, Carbs 62g, Protein 49g



### 1. Prep ingredients

Halve **onion** and coarsely chop. Halve **poblanos**, remove stems and seeds and cut into ½-inch pieces. Finely chop **1 tablespoon garlic**.



### 2. Brown beef

Heat a large skillet over medium-high. Add **all of the ground beef**; season with **salt** and **pepper**. Cook, breaking meat up into smaller pieces, until well browned and cooked through, 7-10 minutes. Drain excess oil, if desired. Transfer beef to slow cooker.



### 3. Deglaze skillet

Return skillet to stovetop and reduce heat to medium. Add **all of the Tex-Mex spice**, **2 tablespoons cocoa powder**, and **¼ cup of flour**. Cook, stirring, until fragrant, about 30 seconds. Add **1 cup water** and bring to a simmer, scraping up any bits from the bottom of the pan.



### 4. Cook chili & serve

Transfer **pan sauce** to slow cooker. Add **onions, poblano peppers, whole peeled tomatoes, garlic, beans and their liquid, 1 tablespoon sugar** and **1 cup of water**. Stir together and cook on high for 8 hours. Season to taste with **salt** and **pepper**.

Serve **chili** with **cheddar, Fritos**, and **sour cream**. Enjoy!



### 5. ...

Looking for more steps?



### 6. ...

You won't find them here! Enjoy your Marley Spoon meal!