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Slow Cooker Chili

- 1 1/2 Tbsp vegetable oil
 - 3/4 Pound stew beef, cut into 3/4-inch cubes
 - 2 Tbsp chili powder
 - 1 Tsp cumin
 - 2 Tbsp flour
 - 1 Large onion, chopped
 - 2-3 Cloves garlic, minced
 - 1 Small green or red bell pepper, chopped
 - 1/4 Cup chopped fresh parsley
 - 1 16-ounce can black beans, drained and rinsed
 - 1 16-ounce can red kidney beans, drained and rinsed
 - 1 28-ounce can diced tomatoes
 - 1 1/2 Cups beef broth
 - 2 Tbsp barbecue sauce
 - 1 1/2 Tbsp brown sugar
 - 3/4 Tsp salt
- Sour cream, chopped fresh parsley, or chopped red onion for garnish

- 1) Heat the oil in a large skillet over medium-high heat. Add the meat and brown it for 2 minutes, stirring often. Add the chili powder and cumin and let the spices heat for 1 minute, stirring all the while. Stir in the flour and let the mixture cook for 1 minute more.
- 2) Transfer the meat mixture to a large slow cooker. Add the remaining ingredients (except for the garnishes), and stir well. Cover the cooker and let the mixture cook for 6 to 8 hours on the low setting, stirring occasionally. If necessary, thin the chili with a little water or stock as it cooks.

Makes 8 Servings.

