



Naturally Raised. Naturally Delicious.

ERIC'S BEEF HEART OR TONGUE CHILI

Ingredients

1 Beef Heart or Beef Tongue (ground beef, stew meat, and chuck roast are also great in this recipe!)

1 Chili Spice Kit (Eric uses Six Gun or 2 Alarm)

2 Cans Ranch Style Beans with Jalapenos

1 Red Onion, Chopped

2 Cans Diced Green Chilis or Fresh, Whole Green Chilis

Directions

1. If using beef heart, dice the heart and then brown in a skillet. If using beef tongue, boil the tongue until cooked thoroughly and tender, then dice.
2. Place the diced beef heart or beef tongue in a slow cooker.
3. Add chili spice kit and stir to mix spice kit and beef.
4. Add ranch style beans, chopped onions, and green chilies.
5. Simmer overnight (or until you're hungry) and enjoy!

Serves: 4

Prep Time: 20-40 Minutes

Cook Time: 1-24 Hours



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