

Ingredients

1 (2 pound) chuck roast, or more to taste	3 tablespoons brown sugar
2 tablespoons olive oil, divided	2 tablespoons tomato paste
1 teaspoon apple cider vinegar	2 tablespoons chili powder
1 large onion, diced	1 tablespoon barbecue sauce
2 green bell peppers, diced	1 tablespoon ketchup
2 cups chicken stock	2 teaspoons minced garlic
1 cup water	1 teaspoon ground cumin
2 (14.5 ounce) cans diced tomatoes	½ tablespoon hot sauce
1 (15 ounce) can black beans	2 teaspoons mustard
1 (15 ounce) can light red kidney beans	2 teaspoons Worcestershire sauce
1 (15 ounce) can dark red kidney beans	salt to taste

Instructions

Remove fat and ligaments from chuck roast and cut into 1/2-inch cubes.

Heat 1 tablespoon oil in a large pot over medium heat. Add cubed roast. Cook and stir until browned, about 5 minutes. Drain and discard grease. Transfer meat to a bowl and set aside.

Return pot to medium heat. Add remaining oil and vinegar, scraping up any bits at the bottom of the pot. Add onion and bell peppers and cook until onion is translucent, 5 to 10 minutes. Add stock and water. Add diced tomatoes, light kidney beans, dark kidney beans, brown sugar, tomato paste, chili powder, barbecue sauce, ketchup, garlic, cumin, hot sauce, mustard, Worcestershire sauce, and salt. Bring chili to a simmer, about 5 minutes.

Add in browned meat and cover pot. Simmer 2- 4 hours