

Beef Chili



Ingredients

- 2 tablespoons olive oil
- 2 medium onions, finely chopped
- 4 cloves garlic, finely chopped
- 2 pounds lean ground beef
- 1 teaspoon salt
- 1 tablespoon ancho chili powder, or to taste
- 1/4 teaspoon chipotle chili powder, or to taste
- 1 tablespoon ground cumin
- 2 teaspoons oregano
- 2 sweet bell peppers (red, orange, yellow, or mixed), diced
- 1 (28-ounce) can whole, peeled tomatoes (or same amount of crushed or puréed)
- 2 cups stock
- 2 (15-ounce) cans kidney beans or black beans, drained and rinsed
- 1 cup fresh or frozen corn kernels

TOPPINGS

- sour cream
- lettuce
- avocado
- cheddar cheese
- cilantro

Info

- **Prep:** 10
- **Cook:** 90
- **Serves:** 8
- [Source](#)

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Directions

1. In a large, heavy-bottomed pot over medium heat, heat the oil. - Add the onions and garlic and cook, stirring often, for 6 minutes, or until the onions soften.
2. Add the beef and salt. Cook, breaking the meat up with a potato masher or the edge of a spoon, for 5 minutes, or until it is no longer pink.
3. Add the ancho and chipotle powders, cumin, and oregano to the pot. Cook, stirring, for 1 minute. Stir in the bell peppers.
4. In a blender, pulse the tomatoes and their juices for 5 seconds to break them up. Add them to the pot with the water and bring to a boil.
5. Lower the heat and simmer for a minimum of 45 minutes or up to 1 1/2 hours, or until the liquid is well flavored (the longer the better!).
6. Add more hot water during cooking, 1/2 cup at a time, if the mixture seems too thick.
7. Add the beans and corn and cook, stirring, for 5 minutes, or until hot. Taste and add more salt or chili powder, if you like.

[ground beef](#), [onion](#), [garlic](#), [chili powder](#), [beans](#), [black beans](#), [kidney beans](#), [cheese](#), [cheddar](#), [bell pepper](#), [tomato](#), [corn](#), [sour cream](#), [lettuce](#), [avocado](#)

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