



37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Classic Chili

Serves 6 - 8

Ingredients:

2 tablespoons vegetable oil
2 medium yellow onions, finely chopped
1 red bell pepper, stemmed, seeded and finely chopped
¼ cup chili powder
1 tablespoon ground cumin
½ teaspoon cayenne pepper
1 teaspoon salt, divided
6 garlic cloves, minced
2 pounds ground beef (85-90% lean)
2 (15-ounce) cans dark red kidney beans, drained and rinsed
1 (28-ounce) can diced tomatoes
1 (28-ounce) can tomato puree

Heat the oil in a large Dutch oven over medium heat until it is shimmering. Add the onions, bell pepper, chili powder, cumin, cayenne and ½ teaspoon of the salt. Cook until the vegetables have softened, about 7 minutes. Stir in the garlic and cook for another 30 seconds.

Add the beef and increase the heat to medium-high. Cook, breaking up the beef with a wooden spoon, until no longer pink, about 10 minutes. Stir in the beans, diced tomatoes (with their juice), tomato puree and the remaining ½ teaspoon salt. Bring to a simmer, then reduce the heat so it maintains a slow simmer, cover and cook for 45 minutes.

Remove the lid and continue to simmer for an additional 45 minutes. Season with additional salt and pepper to taste before serving. Garnish with shredded cheddar cheese and sour cream, if desired. Leftover chili can be stored in an airtight container in the refrigerator for up to 4 days. The chili can also be frozen for up to 1 month (let the chili thaw in refrigerator for 24 hours before reheating).

Credit: browneyedbaker.com