

Hearty Beef Chili

8 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 700 g Beef (ground, lean, raw)
- 2 cup Tomatoes (canned, red, ripe, diced)
- 2 cup Beans (kidney, red, canned, drained solids)
- 1 1/2 cup, sliced Onions (raw)
- 1 cup, sliced Peppers (sweet, green, raw)
- 4 clove Garlic (raw)
- 3 tbsp Spices (chili powder)
- 2 tsp Spices (cumin seed)
- 1 tsp Spices (paprika)
- 2 tbsp Vegetable oil (olive)
- 1 tsp Salt (table)
- 1/2 × 5 ml whole Spices (pepper, black)

Instructions

1. Heat olive oil in a large pot or Dutch oven over medium-high heat.
2. Add the onion and green pepper. Cook for 5 minutes until softened.
3. Add the garlic, chili powder, cumin, and paprika. Stir for 30 seconds until fragrant.
4. Add the ground beef and break it up with a spoon. Cook for 6–8 minutes until browned.
5. Add the diced tomatoes (with their juices), kidney beans (drained and rinsed), salt, and pepper. Stir to combine.
6. Bring to a boil, then reduce heat to low. Simmer uncovered for 30–40 minutes, stirring occasionally, until thickened.
7. Taste and adjust seasoning. Serve with shredded cheese, sour cream, or cornbread.