

Hearty Chili

Ingredients: (Serves 6)

1. 1 tablespoon olive oil
2. 1 medium yellow onion -diced
3. 1 pound 90% lean ground beef
4. 2 and 1/2 tablespoons chili powder
5. 2 tablespoons ground cumin
6. 2 tablespoons granulated sugar
7. 2 tablespoons tomato paste
8. 1 tablespoon garlic powder
9. 1 and 1/2 teaspoons salt
10. 1/2 teaspoon ground black pepper
11. 1/4 teaspoon ground cayenne pepper* -optional
12. 1 and 1/2 cups beef broth
13. 1 (450 ml) can petite diced tomatoes
14. 1 (475 ml.) can red kidney beans, drained and rinsed
15. 1 (250 ml) can tomato sauce

Instructions:

- Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
- Add the ground beef to the pot. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally.
- Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.
- Add the broth, diced tomatoes (with their juice), drained beans, and tomato sauce. Stir well.
- Bring the liquid to a low boil. Then, reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20-25 minutes, stirring occasionally.
- Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.

Notes: I typically skip the cayenne pepper because I have a young kiddo. Then, I put out some hot sauce for those adults that want to add some spiciness to their chili.

Recipe From: <https://www.thewholesomedish.com/the-best-classic-chili/>