

Beef Chili

Provided by Placer / Nevada UC CalFresh Nutrition Education Program

Recipe Type: Main dish, soup

Serves: 6 to 8

Prep Time: 15 minutes Cook Time: 45 minutes



Ingredients

- 1 pound ground beef
- 1 small onion, diced (about 1 cup)
- 2 cloves garlic, minced
- 1 green bell pepper, diced (about 1 cup)
- 6 cups cooked beans (such as pinto or kidney) or 4 cans (14.5 oz.) of beans, drained
- 1 can (8 oz.) tomato sauce
- 1 can (14.5 oz.) diced tomatoes with the juice
- 1-2 packets(1.25 oz.) chili seasoning *(or homemade seasonings, see below)
- 2 cups water

***Chili Seasonings**

- 3 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon brown sugar
- 1/4 teaspoon cayenne pepper (optional)

Directions

1. In a large pot, brown ground beef with onion, garlic, and bell pepper; drain.
2. Add in the remaining ingredients, and stir to combine.
3. Simmer for at least 30-45 minutes. Serve hot.



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