

## Ground Beef and Black Bean Chili

Serves 6-8

- 1 sweet onion (about 1 C diced)
- 1 red bell pepper
- 2 cloves garlic (large)
- 675 g ground beef
- 60 g mild green chili peppers
- 411 g diced tomatoes
- 227 g tomato sauce
- 1½ tsp chili powder (to taste)
- ½ tsp ground cumin
- ¼ tsp dried oregano
- Optional: dash chipotle chili powder
- 1 can (400 g) black beans (rinsed and drained)
- Salt and pepper (to taste)

1. Peel the **onion** and dice it.
2. Remove the stem and seeds from the **bell pepper** and dice.
3. Peel and mince the **garlic**.
4. Place a large deep skillet or Dutch oven over medium heat. Add the **ground beef** to the skillet and cook for **about 4 minutes**, breaking it up and stirring frequently.
5. Add the diced **onion** and **bell pepper** and continue to cook until the onion is tender. Add remaining ingredients.
6. Reduce the heat to the lowest level and **simmer for about 1 to 2 hours**, or transfer to the slow cooker and cook on low for 3 to 4 hours.
7. Serve the chili with cornbread or crackers.

Lighten the chili by using ground chicken instead of beef.

Add some beef bouillon to give it some beef flavor.

### **Garnish Ideas**

Garnish chili with sour cream and chopped cilantro (pak chee), onions, or green onions.

Crumble tortilla chips over servings.

Shredded cheddar or a Mexican blend makes a great garnish as well.

