Slow Cooker Chili

Halve this recipe for 3 quart crock pot

1 tablespoon olive oil
2 pounds lean ground beef
1 medium red or yellow onion, peeled and diced
4 cloves of garlic, minced
1 chipotle chili in adobo sauce, chopped (*add more for extra smokyness and heat)
2 (15 ounce) cans dark red kidney beans, rinsed and drained (**see below for substitution ideas
2 (15 ounce) cans tomato sauce
2 (15 ounce) cans diced tomatoes
1 (15 ounce) can light red kidney beans, rinsed and drained
1 (4 ounce) can chopped green chiles
1 cup beer or beef broth
2 tablespoon chili powder
1 tablespoon ground cumin
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon black pepper

INSTRUCTIONS
1. Heat oil in a large saute pan over medium-high heat.
2. Add the ground beef, onion and garlic and cook for about 7-10 minutes or until the beef is completely browned, crumbling the beef with a spoon as it cooks.
3. Drain and discard the excess fat/grease.
4. Transfer the beef into the bottom of a slow cooker.
5. Add the remaining ingredients, and stir to combine. Cover and cook on low for 6-8 hours, or on high for 3-4 hours.
7. Taste, and season with additional salt and pepper or seasonings it need be.
8. Serve warm, with desired toppings.

NOTES
I used about 3 chipotle peppers, but did not add any extra adobo sauce.
If you don't like kidhey beans, you can also substitute in black beans, pinto beans, or great northern beans

(Optional toppings: shredded cheddar cheese, crushed

tortilla chips or strips, thinly-sliced green onions, sour cream, salsa, etc.)

PREP TIME: 10 MINUTES
COOK TIME: 250 MINUTES
TOTAL TIME: 260 MINUTES
YIELD: 8 - 10 SERVINGS