

Chili

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 pound 90% lean ground beef
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons granulated sugar
- 2 tablespoons tomato paste
- 1 tablespoon garlic powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground cayenne pepper, optional
- 1 1/2 cups beef broth
- 1 (15 ounce) can petite diced tomatoes
- 1 (16 ounce) can of red kidney beans, drained and rinsed
- 1 (8 ounce) can tomato sauce

Directions

Step 1

Add olive oil to a large stockpot or dutch oven over medium-high heat. Cook onion for 5 minutes until tender. Add ground beef and cook until browned while breaking apart with a wooden spoon.

Step 2

Add chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and cayenne, if using. Stir until the spices are fragrant and the beef is well-coated.

Step 3

Add broth, diced tomatoes with broth, drained beans. and tomato sauce.

Step 4

Bring contents to a boil, then reduce heat to medium-low. Gently simmer for 20-25 minutes uncovered, stirring every so often. Serve hot.