

BEEF & BEAN CHILI



INGREDIENTS

- 1 TBSP olive oil
- 1 cup chopped yellow or red onion
- 1 cup chopped celery
- 1 yellow bell pepper chopped
- 1 green bell pepper chopped
- 1 cup chopped carrots
- 1 can tomato sauce
- 1 TBSP minced garlic
- 1 lb ground beef
- 1 TBSP chili powder
- 1 tsp cumin
- 2 tsp oregano
- 1/2 tsp salt
- 1/4 tsp pepper
- 15 oz can fire-roasted diced tomatoes
- 15 oz can red kidney beans, rinsed
- 15 oz can black beans, rinsed
- 1 cup chicken broth

COOK TIME

- about 30 minutes

PROCEDURE

01

In a large soup pot heat oil over medium heat. Add onion, celery, bell peppers, and carrots. Cook until soft about 8-10 minutes.

02

Stir in tomato sauce and garlic. Cook 3 minutes.

03

In a separate pan, brown ground beef.

04

Stir browned beef into veggies. Add spices. Cook 2 minutes.

05

Stir in canned tomatoes, beans, and broth. Cover and cook over medium-low heat until bubbly.