

Chilli

Classic hearty chili with ground beef, kidney beans, and bold spices. Perfect comfort food that's easy to make and feeds a crowd in just 90 minutes.

20	70	90	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Chilli

Ingredients

- 2 tbsp sunflower oil
- 1 lb ground beef
- 2 onion
- 1 lb tomato
- 1 cup water
- 4 clove garlic
- 1.9 lb red kidney beans
- 3 tbsp chili flakes
- 0.5 tbsp oregano
- 0.5 tbsp cumin
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp corn starch

Instructions

1 Prepare the vegetables

Dice 2 onions into small pieces. Mince 4 cloves garlic. Set aside.

2 Brown the meat

Heat 2 tablespoons oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add 1 pound ground beef and cook for 6-8 minutes, breaking up clumps with a spoon, until browned and no pink remains.

3 Add diced onions to the pot and cook for 4-5 minutes, stirring occasionally, until softened and translucent. Add minced garlic and cook for 1 minute until fragrant.

4 Add tomatoes and seasonings

Stir in 1.9 pounds canned tomatoes, breaking them up with a spoon. Add 3 tablespoons chili powder, 1/2 tablespoon oregano, 1/2 tablespoon cumin, 1 teaspoon salt, and 1 teaspoon black pepper.

5 Simmer the chili

Add 1 cup water and bring to a boil over high heat. Reduce heat to low, cover partially, and simmer for 45 minutes, stirring occasionally.

6 Add beans and thicken

Stir in 1 pound red kidney beans. Mix 2 tablespoons cornstarch with 3 tablespoons cold water to make a slurry, then stir into chili.

- 7** Continue simmering uncovered for 15-20 minutes, stirring occasionally, until chili has thickened to your desired consistency. Taste and adjust seasoning with salt and pepper as needed.

Tips

Wash the ground beef in hot water before cooking to remove excess fat and create a leaner, cleaner-tasting chili base.

Cook the chili with the lid on during both cooking phases to prevent moisture loss and allow flavors to concentrate properly.

Let the chili rest for at least 10 minutes after cooking before serving to allow the flavors to settle and the consistency to thicken naturally.

Taste and adjust seasonings during the last 15 minutes of cooking, as the spice levels can change as the liquid reduces.

Make the cornstarch slurry with cold water to prevent lumps, and stir it in gradually while the chili is simmering.

For deeper flavor, toast the cumin and oregano in a dry pan for 30 seconds before adding them to the chili.

Double the recipe and freeze half for an easy future meal - chili freezes beautifully for up to 3 months.