

Homemade Chili

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 garlic cloves, minced
- 1 pound ground beef (or turkey, chicken, or pork)
- 1 ½ tablespoons chili powder
- ¾ teaspoon ground cumin
- ¾ teaspoon smoked paprika
- ¾ teaspoon dried oregano
- ¼–½ teaspoon cayenne pepper (optional)
- ¾ teaspoon salt, plus more to taste
- 1 can (15 oz) crushed tomatoes
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) black beans or pinto beans, drained and rinsed
- ½ cup broth (beef, chicken, or water)
- Freshly ground black pepper
- Optional: 1 packet chili seasoning mix

Instructions

1. Heat oil in a large pot. Cook onion and bell pepper until softened, then stir in garlic and cook briefly.
2. Add ground meat and cook until browned, breaking it apart as it cooks. Drain excess fat if needed.
3. Stir in spices or chili mix and cook for 1–2 minutes to release flavor.
4. Add crushed tomatoes, beans, and broth. Stir well to combine.
5. Bring to a boil, then reduce to a gentle simmer. Cook uncovered for 30–40 minutes, stirring occasionally.
6. Simmer longer if you prefer a thicker chili.
7. Taste, adjust seasoning with salt and pepper, and serve warm.

Note & Storage

- Add chipotle in adobo for smoky depth.
- Chili thickens as it cooks; simmer longer if needed.
- Store up to 4 days in fridge or 3 months in freezer.
- Reheat gently with a splash of broth if too thick.