

30-Minute Chili

An easy to make, mild chili recipe.

File under: Soup

Recipe by: David Horton

Yield: 8 servings

Preptime: 30 minutes

Ingredients

1 tsp. olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 lb. beef stew meat cut into bite-sized pieces
1 tsp. chili powder
1 tsp. cumin
1/2 tsp. cayenne pepper
One 28 oz. can crushed tomatoes
One 40 oz. can Brooks chili hot beans, drained
1/2 tsp. kosher salt
2 tsp. brown sugar

Preparation Instructions

Add olive oil, garlic and onion to a 4-quart saucepan. Sweat onion and garlic for a few minutes over medium-low heat. Add beef, chili powder, cumin and cayenne pepper. Raise heat to brown the meat slightly. Add crushed tomatoes, beans, salt and sugar. Reduce heat to a low simmer. Cook for at least 20 minutes before serving, much longer if time permits.

Serving Instructions

Top with Chihuahua cheese and sour cream. Serve with cornbread.

Notes

Lean ground beef may be used in place of stew meat.