

Classic Chili

8+ servings 2 hours

a midwest staple!

Ingredients

- 1 Tbsp olive oil
- 1 medium onion, diced
- 2 bell peppers, diced
- 1-2 jalapenos, seeded and diced (optional)
- 2 cloves minced garlic
- 1.5 lb ground meat of choice (I like to use lean ground beef)
- 2 Tbsp chili powder
- 1 Tbsp cumin
- 1/4 tsp. cayenne pepper (optional)
- salt + pepper
- 2 Tbsp Worcestershire Sauce
- 2 (15.5 oz) cans kidney beans, rinsed
- 1 (15.5 oz) can pinto beans, rinsed
- 1 (15 oz) can tomato sauce
- 2 (15 oz) cans diced tomatoes
- 15 oz tomato juice or water

Directions

1. Drizzle olive oil in large stock pot or dutch oven, over medium high heat.
2. Add diced onion and peppers and cook until soft and translucent.
3. Add garlic and cook for about 30 seconds until fragrant.
4. Add ground meat. Use a meat chopper to break apart and brown meat. Drain excess fat.
5. Add spices, salt + pepper, and Worcestershire sauce and cook for about one minute until fragrant.
6. Stir in beans, tomatoes, and juice. Bring contents to a boil.
7. Once boiling, stir and reduce heat. Allow to simmer on stovetop for at least one hour.
8. Serve with desired toppings.

Freezer Meal Instructions

1. Allow soup to cool completely before transferring to a ziploc bag or freezer storage container.
2. When ready to eat, thaw soup overnight in refrigerator, use a cold water bath, or use the defrost setting of your microwave.
3. Reheat in a large pot or dutch oven. If chili seems too thick or dry, add additional tomato juice or broth.