

chili

Serves about 6-8 people, more or less depending on serving size.

- 1-2 tablespoons olive oil (for browning beef)
- 1 pound extra lean ground beef
- 3 stalks celery, diced
- 1 medium green pepper, diced
- 2 large onions, diced
- 3 cloves garlic, minced
- 1 large can (28 oz.) diced tomatoes
- 3 tablespoons chili powder
- 1 tablespoon ground cumin (or more to taste)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon mustard powder
- 1/4 teaspoon red pepper flakes
- 2 cans (19 oz.) dark red kidney beans, drained and rinsed
- shredded cheddar cheese - for garnish, if desired

Heat 1-2 tablespoons of olive oil in a large pot or Dutch oven over medium heat. Add the ground beef and cook, breaking up the ground beef with your spoon/spatula. When the beef is halfway browned/cooked, add the celery, green pepper, onions and garlic. Continue cooking over medium heat, stirring occasionally, until the beef has cooked through. (At this point, I like to drain off some of the excess fat.)

Once the beef has cooked through, add the tomatoes (juice and all), chili powder, cumin, salt, pepper, mustard powder and red pepper flakes. Stir well to combine. Simmer over low to medium low heat for an hour, stirring occasionally.

Stir in the kidney beans during the last 15-20 minutes of cooking.

Serve garnished with shredded cheese if desired.