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Hearty Beef & Bean Chili

Serves 4 · Prep 10–15 minutes · Cook about 35 minutes



Ingredients

- 1 lb lean ground beef, preferably 93% lean
- 2 cans (15 oz each) kidney or black beans, drained and rinsed
- 1 tbsp extra virgin olive oil
- 1 medium onion, diced
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 1 can (28 oz) crushed tomatoes
- 1 cup beef broth, plus more as needed
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp dried oregano
- Salt and freshly ground black pepper
- Optional toppings: fresh cilantro, lime juice, plain Greek yogurt, diced avocado

Method

1. Heat the olive oil in a large pot over medium heat. Sauté the onion and bell pepper for 5–6 minutes until softened.
2. Add the ground beef, breaking it apart with a wooden spoon, and cook 6–8 minutes until browned and cooked through to 160°F.
3. Stir in the garlic, chili powder, cumin, smoked paprika, and oregano; cook 30 seconds until fragrant.
4. Add the crushed tomatoes, drained beans, and beef broth. Mix well and bring to a gentle boil.
5. Reduce the heat and simmer uncovered for 20–25 minutes, stirring occasionally. Add more broth for a soupier consistency.
6. Season with salt and pepper. Serve with fresh lime, cilantro, avocado, or a spoonful of Greek yogurt.

Kitchen tip: let the chili simmer long enough for the spices to develop — it tastes even better the next day.