

Andrew's Chili

2 lbs. ground beef (or turkey)
2 medium green peppers, diced
1 onion, diced
2 cloves of garlic, minced
1-2 Tbsp. fresh jalapeno or Anaheim pepper or other hot peppers, finely diced
2 14.5 oz. cans of diced tomatoes
4 15 oz. cans of tomato sauce
3 15 oz. cans of water (use the diced tomato or tomato sauce cans. The water rinses them and gets all the good stuff out of the can)
5 C. cooked pinto beans (<http://food-finders.org/wp-content/uploads/2014/06/Preparing-Your-Beans.pdf>)
3 Tbsp. beef bouillon
3 Tbsp. ground cumin
2 Tsp. paprika
2 Tbsp. chili powder
½-1 Tsp. cayenne pepper
1 Tbsp. molasses (optional but molasses deepens the flavor, cuts the acidity of the tomatoes and cuts the heat of the peppers a bit without making the chili overly sweet).
1 Tsp. salt (optional)
1/8-1/4 Tsp. ground cinnamon

In a large pot, brown ground beef.

Drain grease.

Add diced onions, green pepper, jalapeno/hot peppers, and garlic.

Add bouillon, cumin, paprika, chili powder, cayenne, salt, and ground cinnamon

Cook until onions are translucent.

At this point, you can transfer the browned meat mixture to a large (6 qt. or larger) crockpot or you can leave the ingredients in the pot on the stove.

Add tomatoes, tomato sauce, water, beans and molasses.

Stir to combine ingredients.

Allow to simmer over very low heat for approximately an hour. Stir occasionally to prevent sticking or burning. You can allow the chili to simmer longer. The longer it simmers, the better the house smells!

If using a crockpot, turn crockpot to low and let cook for 6-8 hours (or longer). The crockpot method is great if you know you won't have time to fix dinner when you get home. Prep it in the morning and let it go all day. When you walk in the door... mmm...mmm...mmm... Dinner's ready!