



Classic Beef Chili

This Classic Beef Chili is made with ground beef, red kidney beans, and tomatoes. I like to call this Weeknight Chili because it is a quick and easy one-pot meal for those days when you don't have a lot of time to cook supper.

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Ingredients

- 1 1/2 lbs ground beef
 - 1 large onion, chopped
 - 4 ribs celery, sliced in 3/8" thick slices
 - 2 Tbsp + 1 tsp chili powder
 - 1 1/4 tsp ground cumin
 - 1 1/2 tsp granulated garlic
 - 1 tsp oregano, dried
 - 1 tsp salt
 - 1/2 tsp sugar
 - 1/4 tsp black pepper
 - 1/4 tsp cayenne pepper
 - 1 8-oz can tomato sauce
 - 1 28-oz can crushed or diced tomatoes, undrained
 - 1 15-oz can red kidney beans, rinsed and drained
- Optional Garnish
- 1 cup shredded Cheddar cheese (about 4 oz by weight)

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Cookware

6-quart stockpot with lid

Small bowl

Colander

Cheese shredder (optional)
(if not using pre-shredded cheese)

Instructions

1. Add the ground beef to the stockpot, breaking into small chunks, about 3/4-inch in size. Brown the ground beef on medium heat, stirring occasionally.
2. While the ground beef is browning chop the onion and slice the celery.
3. When the ground beef is completely cooked (no pink color) drain the excess fat from the stockpot. This step is not necessary if a lean ground beef is used.
4. Add the onion and celery to the stockpot. Stir to combine. Continue cooking on medium heat until the onion is soft.
5. Add the chili powder, cumin, garlic, oregano, salt, sugar, black pepper, and cayenne pepper to the small bowl. Stir to combine.

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Instructions – continued

6. When the onion is soft add the mixed seasonings to the stockpot. Stir to combine.
7. Add the tomato sauce and the canned tomatoes to the stockpot (do not drain). Stir to combine.
8. Drain the kidney beans and rinse them in the colander with cold water. Allow the rinsed beans to drain thoroughly. Add the drained beans to the stockpot. Stir gently to combine. Increase the heat to medium high until the chili boils, then reduce the heat to a gentle simmer. Simmer uncovered for 20 minutes to combine flavors, stirring occasionally.
9. If desired, shred the (optional) Cheddar cheese for a garnish. Transfer the shredded Cheddar cheese to the refrigerator until serving.
10. Serve the chili hot. Top each bowl with (optional) shredded Cheddar cheese if desired.