

Simple Chili

This is a very simple version for chili recipe made with ground beef. It is such a comforting dish, and great for a cold evening meal.



I have been so busy lately that I had no time to make my usual "weekly" visit to you...I am sorry...I will try to stop by and see what is new with you...

This week, I am sharing a simple recipe for chili...I learned this recipe at one cooking class that I attended a while ago. The recipe called for turkey, but I made it with regular ground beef. Of course I had to make some changes to adapt our palate...I did cook the beans from scratch instead of using bean in can. Now that the weather is cooling down, nothing like a hot and spicy bowl of chili to warm up the evening...

Trust me, this is very simple to put together and it is very tasty!

Ingredients:

- 1 cup dry pinto bean, soaked overnight in water, cooked until soft with a couple of bay leaves.
- 2 ½ lbs ground beef
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 jalapenos, minced
- 2 tablespoons garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons salt
- 1½ teaspoons cumin
- 1 teaspoon dried oregano
- ¼ teaspoon paprika
- 2 10oz cans diced tomatoes
- 1 can corn
- 3 cup beef broth
- 2 4oz cans green chiles, chopped with liquid
- ¼ heavy cream or sour cream, optional
- 1 small bunch fresh cilantro, finely chopped
- 3 to 4 tablespoons cornmeal or masa



Method:

Over medium heat high heat in a big saucepan, heat the oil. When hot, add the onions, garlic and jalapenos and cook about 2 minutes until tender.

Add in the ground meat, chili powder, salt, cumin, oregano and paprika mixing thoroughly making sure to break up the clumps of meat. Cook for another 5 to 7 minutes until the meat is cooked completely.

Add the beef broth, canned tomatoes and green chiles. Mix in then reduce the temperature to a simmer and cook uncovered to about 45 minutes.

Add in the beans and corn and bring to boil. Add the cornmeal or masa until the desired thickness.

Serve hot by topping with heavy cream or sour cream and cilantro.





If you enjoy this simple chili, you might want to try the Turkey version of this Chili recipe.



Did you know that chili pepper contain capsaicin, a substance that stimulates secretions that help clear mucus from stuffed up nose or congested lungs? Due to its intense red color, chili peppers are rich in vitamin A.

Thank you for stopping by Color Your Recipes...have

a colorful week!