

## *Idiot's Kitchen Recipe – Dad's Beef & Bean Chili*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

2 pounds lean ground beef  
2 Tablespoons olive oil (omit if you have grease left from browning the beef)  
1 large onion, chopped  
1 green bell pepper, chopped  
2 ribs celery, chopped  
2 cans (15 oz) chili beans in mild chili sauce  
2 cans (15 oz) chili beans in spicy chili sauce  
2 cans (14 oz) diced tomatoes  
3-4 cups water  
3-4 Tablespoons chili powder  
½-1 teaspoon red pepper flakes (or to taste)  
Salt & Pepper  
Optional Toppings: grated cheddar cheese, queso dip, sour cream, diced jalapenos, etc.

Brown 2 pounds of ground beef in a large pot over medium high heat. When the beef has browned remove it from the pot. If you don't have any grease left from the meat in the pot (and I usually don't because I use very lean, 90%, meat) add 2 Tablespoons of olive oil to the pot. Sauté the chopped onion, green pepper, and celery until tender but not browned, about 5 minutes. While the vegetables cook, use a wooden spoon to scrape up any browned bits from the bottom of the pot.

Return the meat to the pot. Add 2 cans of chili beans in mild sauce, 2 cans of chili beans in spicy sauce, and 2 cans of diced tomatoes and their juices. Stir to combine and add 3-4 cups of water until you get a good chili consistency.

Season with 3-4 Tablespoons chili powder, 1/2 -1 teaspoon red pepper flakes, salt & pepper to taste. Bring the chili to a boil, reduce the heat, cover, and simmer for 2 hours. Stir the pot occasionally to keep the beans from sticking.

Serve plain or with the toppings of your choice. This is also great made with ground turkey if you are trying to cut down on red meat.

Serves 6-8.

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