

Serves 8 -10 people

Beginner Level

## Beef Chili

spice level: 

- 2 – 3 medium golden onions
- 2 cloves garlic
- ¼ cup olive oil
- 1 teaspoon oregano
- 2 bay leaves whole
- 2 pounds ground beef
- ¼ cup chili powder (select a level of heat your family likes. We like it very spicy!)
- 1 pound 12 ounces can of peeled tomatoes (do not drain the liquid)
- 1 pound 4 ounces can of red kidney beans (do not drain the liquid)
- 2 teaspoons salt
- ¼ cup apple cider vinegar
- ¼ teaspoon hot chili flakes

In a large pan heat the olive oil. When the oil is warm, add the onions and garlic and sauté them. Gently stir to keep them from burning. Pay attention to the garlic and try not to stir it with the onions. The idea is to infuse the oil with the garlic and do this by occasionally rotating the garlic until it is golden on all sides. The garlic is ready when it is golden on each side of the clove with small blisters. Then remove garlic from the pan and discard it. Continue to sauté the onions until they are golden. Add the oregano and bay leaves to the onions and stir to evenly distribute the ingredients. Add the meat. The meat needs to be broken up for cooking. The best way to break it up is with your hands. Put some ground beef in your hands and crumble it as you drop the meat into the pan. Sauté the meat; use a spatula to rotate it from the bottom to the top. Continue to sauté the meat until there is no more pink color. This will take approximately 10 minutes. At this point, I like to transfer the meat mixture to a deep pot. With the heat off, put the meat in the pot, and add half of the chili powder and stir until it is evenly distributed; add all of the peeled tomatoes with the juice (do not drain the liquid) and stir; add ¾ of the kidney beans with the liquid (about 14 ounces) and stir; and the salt and stir. Now turn the stove on to heat the pot, put it on very low heat. Leave the pot uncovered and allow the chili to simmer for 1.5 hours.\* It is important to stir the chili from time to time (not often); this prevents any chili from sticking to the bottom and burning. After 1.5 hours, it is time to add the remaining ingredients: add the rest of the chili powder, kidney beans with the liquid, apple cider vinegar, and chili flakes. Continue to leave the pot uncovered on very low heat and allow the chili to simmer for another 30 minutes. Remember to stir from time to time. You can serve the chili hot or cool. It is optional to serve the chili with a dollop of sour cream on top.

Don't forget that you can freeze any remaining chili for future eating. Let the chili cool down before freezing it.

\*An alternative to the large pot is to use a CrockPot on low heat for 2 – 3 hours.