

Two-Bean Chili

The leftovers are even better than the first night.

1	lb	Ground beef
1		Onion, chopped
3		Cloves garlic, minced
2-3	Tbsp	Chili powder
2	tsp	Cumin
½	tsp	Red pepper flakes
2	cans	Dark red kidney beans, undrained
2	cans	Black beans, undrained
1	large can	Crushed tomatoes
1	tsp	Salt



Procedure

- 1 Brown the ground beef with the onions and garlic in a large, heavy-bottomed pot. (Don't use a cast iron pot because the acid in the tomato will make the chili taste metallic.) Drain. Return to heat. Add chili powder, cumin, and red pepper flakes and stir well. Keep stirring over heat until spices become fragrant. Add beans and tomatoes. Stir well. Cover the pot.
- 2 If you have all day, lower the heat to simmer or put the pot in the oven (if it's ovenproof) at 200 and let the flavors meld. If you're in a hurry, you can raise the pot to a light boil and eat in as few as 15 minutes.

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