



Easy Competition Chili

Ingredients

1. 2 tbsp olive oil
2. 1 diced onion
3. 3 tbsp garlic powder
4. 1 lb ground beef (or turkey or Impossible Meat)
5. 1 bell pepper, red or green, diced
6. 2 (14 oz) cans diced tomatoes
7. 1 (15 oz) can kidney beans, drained
8. 1 (15 oz) can black beans, drained
9. 2 tbsp tomato paste
10. 1 cup beef or chicken broth
11. 2 tsp chili powder
12. 1 tsp smoked paprika
13. 1 tsp cumin
14. Recommended: shredded cheese, sour cream, tortilla chips, diced onions

Serves: 3-4

Instructions

1. Cook ground beef in skillet or non stick pan until thoroughly browned, breaking up with spoon or spatula (6-8 minutes), remove from heat and drain.
2. Heat the olive oil in a large pot over medium heat, adding onion and garlic powder, cooking 3-4 minutes
3. Add cooked beef to large pot stirring in garlic and onion, add and stir in bell pepper and cook for another 2 minutes
4. Add diced tomatoes, beans, tomato paste and broth. Mix well.
5. Add chili powder, smoked paprika, cumin, and pinch of salt and pepper
6. Bring to simmer, reduce heat, let cook for 20-30 minutes, stirring occasionally.
7. Taste and adjust seasoning as needed.
8. Serve with shredded cheese, sour cream and diced onions

Prep Time: 45 minutes