Very Veggie and Beef Chili

Jacob · 30/09/2024



Prep Time

1 hr 20 mins

Dificult

Medium

Servings

8

Description

This chunky beef chili with vegetables is a hearty meal that can be made with either ground beef or ground turkey breast

Ingredients

- - 1 pound lean ground beef - 1 medium onion
- chopped - 1 medium green bell pepper
- chopped - 1 medium yellow bell pepper
- chopped - 1 medium carrot
- diced - 1 medium zucchini
- diced - 1 medium yellow squash
- diced - 1 (28 ounce) can crushed tomatoes - 1 (16 ounce) can kidney beans
- rinsed and drained - 1 (16 ounce) can black beans
- rinsed and drained - 1 (15 ounce) can diced tomatoes - 1 cup frozen white corn kernels - 1 tablespoon minced garlic - 1 ¼ tablespoons chili powder - 1 tablespoon brown sugar - ½ teaspoon paprika - ½ teaspoon dried oregano - ½ teaspoon ground cayenne pepper - ½ teaspoon ground cumin - ½ teaspoon salt - ½ teaspoon ground black pepper

Instructions

1. Break ground beef into small pieces in a large pot over medium heat; cook and stir until beginning to brown
2. 3 to 5 minutes. Add onion
3. bell peppers
4. and carrot; cook and stir until the vegetables begin to soften
5. 5 to 7 minutes. Add zucchini and squash; cook and stir until beef is completely browned
6. 3 to 5 more minutes. Drain excess liquid from the pot. Stir in crushed tomatoes
7. kidney beans
8. black beans
9. diced tomatoes
10. corn
11. and garlic; bring to a boil. Stir in chili powder
12. brown sugar
13. paprika
14. oregano
15. cayenne pepper
16. cumin
17. salt
18. and black pepper. Reduce the heat to low
19. cover
20. and simmer for 30 minutes.