



Beef Chili Five Ways

Jacob · 29/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

4

Description

A classically easy chili recipe with four additional variations ranging from Cincinnati to Morocco

Ingredients

- - 1 pound ground beef (93% lean or leaner) - 1 (15.5 ounce) can black beans
- rinsed and drained - 1 (14 ounce) can reduced-sodium or regular beef broth - 1 (14.5 ounce) can diced tomatoes with green chiles - 2 tablespoons chili powder - Shredded Cheddar cheese
- chopped fresh cilantro
- minced green onion (optional)

Instructions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes
2. breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings. Stir in beans
3. broth
4. tomatoes and chili powder; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors
5. stirring occasionally. Garnish with toppings
6. as desired. Tips Moroccan Variation: Prepare recipe as directed above
7. adding 1/4 teaspoon pumpkin pie spice and 1/4 cup chopped pitted dates or golden raisins with ingredients in step 2. Serve over hot cooked couscous. Garnish with toasted sliced almonds
8. chopped fresh mint and Greek yogurt
9. as desired. Mexican Variation: Prepare recipe as directed above
10. adding 1 tablespoon cocoa powder with ingredients in step 2. Garnish with chopped fresh cilantro
11. pepitas (pumpkin seeds) and corn tortilla chips
12. as desired. Serve with corn tortillas. Italian Variation: Prepare recipe as directed above
13. adding 1-1/2 teaspoons fennel seed with ingredients in step 2. Before removing from heat
14. stir in 3 cups fresh baby spinach. Cover; turn off heat and let stand 3 to 5 minutes or until spinach is just wilted. Serve over hot cooked orecchiette or cavatappi
15. if desired. Garnish with grated Parmesan cheese and pine nuts
16. as desired. Cincinnati Variation: Prepare recipe as directed above
17. adding 3 tablespoons white vinegar and 1 teaspoon ground cinnamon with ingredients in step 2. Serve over hot cooked elbow macaroni. Garnish with chopped white onion
18. sour cream and shredded Cheddar cheese
19. as desired. Cook's Tip: One can (14-1/2 ounces) diced tomatoes combined with 2 tablespoons diced canned chiles may be substituted for diced tomatoes with green chiles. Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160 degrees F. Color is not a reliable indicator of ground beef doneness. Cook's Tip: For a thicker consistency
20. prepare as directed
21. adding 1 tablespoon cornmeal with ingredients in step 2. This recipe is an excellent source of protein
22. niacin
23. vitamin B6
24. vitamin B12
25. iron
26. selenium and zinc; and a good source of fiber and choline.