



American Chili

A big pot of chili on a cold winter night hits the spot. Start this in the morning and let simmer slowly all day for maximum flavor.

Active Time: 20 minutes

Total Time: 1 ½ hours

Yield: 8 servings

Ingredients:

Olive oil

1 pound ground beef or turkey

1 large onion, diced

1 green bell pepper, diced

1 large carrot, chopped

3 cloves garlic, minced

2 – 15 ounce cans low sodium kidney beans, drained and rinsed

1 – 15 ounce can low sodium pinto beans, drained and rinsed

1 – 15 ounce can low sodium black beans, drained and rinsed

1 – 28 ounce can crushed tomatoes

1 – 15 ounce can fire roasted diced tomatoes

1 to 2 Tablespoons chili powder

1 Tablespoon ground cumin

1 teaspoon *HH Chili de Árbol Salt*

1 teaspoon *HH Smoked Salt*

½ teaspoon ground black pepper

Optional garnish:

sour cream

grated cheddar cheese

chopped green onions

1. Heat 1 Tablespoon olive oil in 6 quart Dutch oven over medium heat. Add ground beef or turkey, cook, stirring to break up, until cooked through. Drain off all but 1 Tablespoon of oil.
2. Add onion, bell pepper and carrot to pan. Cook until onions are starting to soften. Stir in garlic, cook for another 30 seconds.
3. Stir in beans, crushed tomatoes, chili powder, cumin, *HH Chili de Árbol Seasoning Salt*, *HH Smoked Salt* and black pepper. Bring to boil and reduce heat to simmer. Cover, cook on low heat for at least 1 hour. The longer you cook the chili, the more the flavors develop. ****NOTE:** At this point the chili can be cooled and refrigerated to serve later.
4. Adjust seasoning to taste, adding more chili powder or salt if necessary.
5. Serve in deep bowls, topped with garnishes as desired.