

ALL-AMERICAN BEEF CHILI

SERVES 8

PREP TIME: 15 minutes

TOTAL TIME: 2 hours (includes 1 hour 30 minutes simmering time)

This chili can be garnished with diced avocado, sliced scallions, chopped red onion, chopped cilantro, sour cream, and shredded cheddar cheese.

- 2 tablespoons vegetable oil
- 2 onions, chopped
- 1 red bell pepper, stemmed, seeded, and chopped
- ¼ cup chili powder
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- Salt
- 6 garlic cloves, minced
- 2 pounds (85 percent lean) ground beef
- 2 (15.5-ounce) cans dark red kidney beans, rinsed
- 1 (28-ounce) can diced tomatoes
- 1 (28-ounce) can tomato puree

1. Heat the oil in a large Dutch oven over medium heat until shimmering. Add the onions, bell pepper, chili powder, cumin, cayenne, and ½ teaspoon salt. Cook until the vegetables have softened, about 7 minutes. Stir in the garlic and cook for 15 seconds.

2. Add the beef and increase the heat to medium-high. Cook, breaking up the beef with a spoon, until no longer pink, about 10 minutes. Stir in the beans, diced tomatoes with their juice, tomato puree, and ½ teaspoon salt. Bring to a simmer, cover, and cook for 45 minutes.

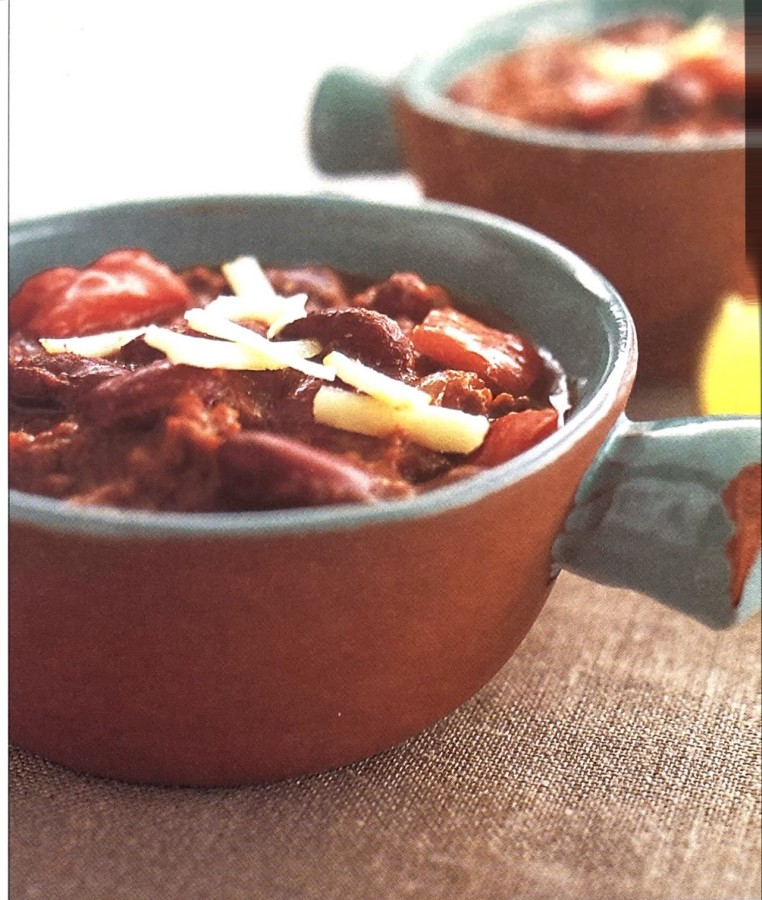
3. Remove the lid and continue to simmer until the beef is tender, about 45 minutes. Season with salt and pepper to taste before serving.

To Make Ahead

The chili can be cooled, covered, and refrigerated for up to 4 days or frozen for up to 1 month. Reheat over low heat, adding water or broth to adjust the consistency.

Test Kitchen Tip: THE RIGHT CONSISTENCY

We discovered that a combination of diced tomatoes and tomato puree worked best to create a desirably thick consistency for this chili. Also, we found that leaving the lid on for half of the cooking time helped give us that perfect chili thickness.



Searching for a no-nonsense, stick-to-your-ribs chili recipe? Look no further.

Tasting: Chili Powder

While there are numerous applications for chili powder, its most common use is in chili. Considering that most chili recipes rely so heavily on chili powder (ours uses a whopping ¼ cup), we thought it was necessary to gather up as many brands as possible to find the one that made the best chili. To focus on the flavor of the chili powder, we made a bare-bones version of our chili and rated each chili powder for aroma, depth of flavor, and level of spiciness. Tasters concluded that **Spice Islands Chili Powder** was the clear winner. This well-known supermarket brand was noted by one taster as having “a big flavor that stands out among the others.”

