

TEXAS CHILI

Ingredients

- 1 pound 93%-lean ground beef
- 1 large red bell pepper, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 3 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon cayenne pepper
- 1 16-ounce jar taco sauce
- 1/4 cup water
- 1 15-ounce can pinto, black or kidney beans, rinsed
- 1 broiled jalapeño, (optional)
- 1 Tbs. coarsely chopped cilantro

Preparation

Cook beef in a large 12” skillet or a 6-quart Dutch oven over medium heat, crumbling the meat with a wooden spoon until the meat is browned, 8 to 10 minutes. Drain excess grease. Add bell pepper and onion until onion is brown. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in sauce and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute. Place jalapeño in the center of the serving dish for decoration. Garnish with cilantro.

4 servings, about 1 1/2 cups each | Active Time: 20 minutes | **Total Time:** 30 minutes

Joseph D. Clark
Angelina County 4-H
Senior - Protein