



Easy Slow Cooker Chili Recipe

Description

Ingredients:

- 1 lb (450 g) ground beef (or substitute with ground turkey or plant-based protein)
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) diced tomatoes (with juices)
- 1 can (8 oz) tomato sauce
- 1 small onion, chopped
- 1 bell pepper (any color), chopped
- 2 cloves garlic, minced
- 1 cup beef or vegetable broth (for added flavor and consistency)
- 1 tbsp chili powder (adjust to taste)
- 1 tsp ground cumin
- 1 tsp smoked paprika (optional, for extra smokiness)
- 1/2 tsp cayenne pepper (optional, for a bit of heat)
- Salt and pepper, to taste

Optional Toppings:

- Shredded cheese
- Sour cream or Greek yogurt
- Sliced green onions
- Fresh cilantro
- Sliced avocado
- Tortilla chips or cornbread on the side

Instructions:

1. Prepare the Ground Meat:

- In a skillet over medium heat, brown the ground beef until fully cooked, breaking it into small pieces with a spatula. Drain any excess grease.
- 2. **Combine Ingredients in Slow Cooker:**
 - Add the cooked ground beef, kidney beans, black beans, diced tomatoes, tomato sauce, chopped onion, bell pepper, minced garlic, and broth to the slow cooker.
- 3. **Add Seasonings:**
 - Stir in the chili powder, cumin, smoked paprika, and cayenne pepper (if using). Season with salt and pepper to taste.
- 4. **Cook:**
 - Cover and cook on **low for 6-8 hours** or on **high for 3-4 hours**. Cooking longer allows the flavors to meld better.
- 5. **Adjust Seasoning:**
 - Before serving, taste and adjust seasoning if needed.
- 6. **Serve with Toppings:**
 - Ladle the chili into bowls and top with your favorite toppings like shredded cheese, sour cream, green onions, or avocado.

Tips:

- **Thicker Chili:** For a thicker chili, cook uncovered for the last 30 minutes, or mash some of the beans with a fork.
- **Spiciness:** If you like it extra spicy, add more cayenne or a dash of hot sauce.

This chili reheats beautifully, so leftovers make a great meal too!

Category

1. Crockpot Recipes

Date Created

06/11/2024

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