

Red Bean Chili

From "Real Simple Magazine"

Hands-on time: 10 minutes

Total time: 45 minutes

Makes 6 to 8 servings

INGREDIENTS

- 2 pounds lean ground beef
- 1 large yellow onion, finely chopped
- 5 cloves garlic, finely chopped
- 2 14.5-ounce cans beef broth
- 1/3 cup chili powder
- 2 teaspoons ground cumin
- 1 14.5-ounce can diced tomatoes, undrained
- 2 15.5-ounce cans kidney beans, drained and rinsed
- 1 teaspoon kosher salt
- 1 tablespoon cider vinegar
- Grated Cheddar, sour cream, minced jalapeño, and corn bread (optional)

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PREPARATION

Place a Dutch oven or large pot over medium heat. Add the beef and cook, crumbling it with a spoon, until no trace of pink remains, about 10 minutes. Add the onion and cook until translucent, 3 to 5 minutes. Add the garlic and cook for 1 minute more. Gradually add the broth, stirring to scrape up any browned bits. Stir in the chili powder, cumin, and tomatoes. Reduce heat to medium-low, cover, and simmer for 10 minutes. Add the beans, salt, and vinegar. Simmer, uncovered, for 10 minutes more. Ladle into individual bowls and serve with the Cheddar, sour cream, jalapeño, and corn bread (if using).

To freeze:

Omit the Cheddar, sour cream, jalapeno, and corn bread. Let the chili cool, then ladle it into large resealable bags, filling each one halfway. Store for up to 3 months.

To reheat:

Thaw overnight in the refrigerator or thaw partially in the microwave. Warm in a covered saucepan over medium-low heat for 20 minutes. Serve with the Cheddar, sour cream, jalapeno, and corn bread on the side.