Minori’s Simple Chili

Read through the whole recipe before starting!

Cook Time 40 Minutes | Serves 6 | Approx. Cost $20

Ingredients:

- 3 Tbsp. of Neutral oil, for cooking (e.g. Canola/Olive Oil)
- Spices of your choice (I use salt, cumin, chili powder, Italian spices, & pepper)
- 1 Onion, diced
- 2-3 Cloves of Garlic, sliced
- *450g of a minced meat of your choice (pork, turkey, and beef work well)
- *1 cup of stock OR 1 cube of bouillon dissolved in 1 cup of water (doesn’t have to match the meat)
- 2 Stalks of Celery, cut crosswise into crescent moon shapes
- 2 Carrots, cut into medallions
- 1 Red Pepper, diced
- 1 Can Tomato Paste (156ml/5.5 fl oz)
- 1 Can Red Kidney Beans (540ml/19 fl oz), rinsed
- 1 Can Diced Tomatoes with Italian Spices (796 ml/28 fl oz)

*Replace these items with vegan/vegetarian friendly options if you desire!

Have some Cooked Rice, Corn Bread, or Toast on the side for a full meal!

Step 1: Cut your vegetables following the directions in the ingredient list. You can cut as you go if you’re a more experienced chef, but this will give you some peace of mind if you don’t want to leave your pot unattended for too long. If you’re serving rice on the side, start cooking that now.

Step 2: Prepare a large pot, and add your oil, onion, and garlic, and cook until they are translucent or slightly golden. Then, over the pot, break your minced meat up into strands with your hands, dropping them as you go. Stirring as necessary, cook until the meat is completely cooked.

Step 3: Add all of your vegetables, broth, and cans to the pot. The tomato paste and kidney beans makes it easy to burn, so stir frequently past this point, paying attention to the bottom of the pot. Bring the pot to a boil, then reduce to a simmer and cook for another 20 minutes or so. Once you’ve reduced the heat to a simmer, add your spices: I add about 2 to 3 Tbsp. of Chili Powder, 1 Tbsp. of Italian Spices, 2 Tbsp. of cumin, plus salt and pepper to taste, but adjust this to your tastes. Tip: Add a little at a time if you’re worried about making it too spicy.

Step 4: Once the toughest vegetables (e.g. carrots) are the texture that you want, the chili is done and ready to eat!

Tip: Use the diced tomato can to dissolve your bouillon to avoid wasting the delicious tomato residue!

Tip: Feel free to replace or omit any of the vegetables that I’ve listed. These are just the ones that I tend to use, and know to work well with the recipe.