



Kidney Bean Chili

Prep Time: 12 hours (beans) + 30 minutes | Cook Time: 75 minutes | 3-4 servings

Ingredients

- 1 cup Barber's raw, uncooked kidney beans
- 1 pound 90% lean ground beef
- 1 cup yellow onion, small diced
- 1 cup bell peppers, small diced
- 5 cloves garlic, minced
- 1 ½ Tbsp. chili powder
- 1 ½ Tbsp. kosher salt
- ½ tsp. sugar
- ½ tsp. cayenne pepper
- 2 Tbsp. Worcestershire sauce
- 1 14 oz. can peeled, crushed tomatoes
- 2 cups beef stock
- ½ cup shredded cheddar cheese (garnish)
- ¼ cup parsley, finely chopped (garnish)

Instructions

1. Rinse and soak 1 cup of red kidney beans in a 1-quart container of water overnight (at least 12 hours).
2. Place 1 pound of ground beef into a 6 qt. pot on medium-high heat and brown meat for 5 minutes. Season with 1 tablespoon of salt.
3. Place small dice onions and minced garlic in pot to caramelize and sweat down with ground beef until onions become translucent.
4. Remove meat mixture into another bowl and discard excess fat from pot, leaving a thin layer at the bottom for remainder of cooking.
5. Place small diced bell peppers in the pot on medium-low and add chili powder, sugar, cayenne pepper, and ½ tablespoon of salt to sweat and caramelize for 5-7 minutes.
6. Once most of the moisture in pot has been significantly expelled, deglaze pot with Worcestershire sauce.
7. Strain kidney beans and add the beans to the pot. Lightly sauté beans with the bell peppers for 5 minutes.
8. Return meat mixture to the pan and add the can of crushed tomatoes and beef stock.
9. Increase heat to high until the pot comes to a moderate boil. Once mixture reaches a moderate boil, turn heat down to low and allow pot to simmer for 45 minutes without the lid.
10. Check mixture after 45 minutes to ensure beans are tender. Continue reducing mixture until preferred consistency is reached.
11. Season with salt and pepper to taste.
12. Garnish with a shredded cheddar cheese and chopped parsley.