

Gluten-Free Chili

Servings: 6 - 8

Prep time: 20 minutes

Cook time: 1 – 2 hours

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 bell peppers (any color), chopped
- 2 lbs ground beef (or ground turkey/chicken)
- 4 cloves garlic, minced
- 2 tablespoons chili powder (gluten-free)
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper (optional)
- 1/2 teaspoon dried oregano
- 1 (28 ounce) can crushed tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup beef broth (gluten-free)
- Salt and pepper to taste

Directions:

Step 1

Sauté Vegetables: Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and bell peppers and cook until softened, about 5-7 minutes.

Step 2

Brown Meat: Add ground beef and cook, breaking it up with a spoon, until browned. Drain off any excess grease.

Step 3

Add Aromatics and Spices: Add garlic, chili powder, cumin, smoked paprika, cayenne pepper (if using), and oregano. Cook for 1 minute more, stirring constantly.

Step 4

Add Remaining Ingredients: Stir in crushed tomatoes, tomato sauce, kidney beans, black beans, and beef broth. Bring to a simmer.

Step 5

Simmer: Reduce heat to low, cover, and simmer for at least 1 hour, or up to 2 hours for a richer flavor. Stir occasionally.

Step 6

Season: Season with salt and pepper to taste.

Tips and Variations

- **Add-ins:** Add other vegetables like corn, diced zucchini, or chopped carrots.
- **Spice it Up:** Adjust the amount of cayenne pepper or add a few dashes of hot sauce.