

SLOW COOKER BEEF CHILI

- **Yield:** serves 8
- **Prep Time:** 15 minutes
- **Cook Time:** about 15 minutes stovetop, 2-3 hours high or 4-5 hours low in slow cooker
- **Total Time:** about 3 to 5 hours, or as needed:

- 2 pounds ground beef (I used 90% lean)
- 1 medium/large sweet Vidalia onion, diced small
- 1 medium/large red bell pepper, diced small
- 3 to 5 garlic cloves, finely pressed or minced
- 2 teaspoons kosher salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- one 16-ounce can red kidney beans (I used low-salt), drained and rinsed if desired
- one 15-ounce can black beans (I used no-salt added), drained and rinsed if desired
- one 14.5-ounce can petite diced tomatoes (I used no-salt added)
- one 8-ounce can tomato sauce, plus 8 ounces water used to rinse out can
- two 4-ounce cans diced green chilis (I used one can mild, one can hot)
- 1 tablespoon cumin
- 2 teaspoons chili powder
- 2 teaspoons smoked paprika (regular paprika may be substituted)
- 2 to 4 bay leaves
- sour cream, green onions, shredded cheese, crushed tortilla chips or crackers; all optional for garnishing



1. To a large Dutch oven, add the ground beef and cook over medium-high heat to brown, crumbling it with a spatula as it cooks and tossing it to ensure even cooking. Cook through, about 5 minutes or as necessary. Drain fat if necessary.
2. Add the onions, red pepper, and cook for about 5 minutes, or until vegetables have softened, stir intermittently.
3. Add the garlic, salt, pepper, and cook for about 1 minute, stir intermittently.
4. Line a 6-quart slow cooker with a Reynolds Slow Cooker Liner and transfer the beef mixture into it.

5. Add the beans, diced tomatoes, tomato sauce, rinse can out with 8 ounces water and add the water, green chilis, cumin, chili powder, smoked paprika, bay leaves, cover, and cook on high for about 2 to 3 hours or on low for about 4 to 5 hours.
6. All slow cookers vary in their heat intensity. Cook until chili has thickened some. Stir, taste, and add more salt, pepper, or seasonings to taste. Remove bay leaves.
7. Ladle into bowls and optionally garnish with sour cream, green onions, shredded cheese, crushed tortilla chips or crackers. Chili will keep airtight in the fridge for up to 5 days and in the freezer for up to 4 months. The flavors meld and marry and I think it tastes even better a day or two later.