

# Everyday Chili

## By: Chef Ebony Griffin



### Ingredients:

- ½ pound Lean ground meat (15% fat) (Optional)
- 1 Medium Onion (small diced)
- 1 Clove Garlic (finely chopped)
- 1 Medium Green Pepper (small diced)
- 1 Can (15 oz.) Kidney beans with liquid
- 1 Can (15 oz.) Black beans
- 2 Cans (14.5 oz.) Diced tomatoes with liquid
- 1 Tablespoon Salt
- 1 Tablespoon Pepper
- 2 Tablespoons Chili Powder

### Optional toppings and ingredients:

- Cheese Cumin
- Sour cream Red Pepper Flakes
- Corn Oregano
- Cilantro Green Onions

### Instructions:

- Wash hands thoroughly with soap and water.
- Rinse or scrub fresh vegetables under cool running water before chopping.
- In a large pot over medium-high heat, cook the ground meat, onions, garlic, and green pepper until the meat is browned. Drain excess fat.
- Stir in the undrained beans, tomatoes with their liquid, and dry seasonings.
- Reduce heat to low, cover the pot, and let simmer for 20 minutes.
- Serve warm. Add optional toppings if desired.
- Once cooled, transfer leftovers to a clean, food-safe container. Refrigerate within 2 hours.

Adapted from Foodhero.org's Quick Chili recipe with the assistance of ChatGPT.

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