

The Taylor Bowl Chili Recipe

Ingredients:

1 lb ground beef (or mix of beef and pork)

1 can kidney beans, drained and rinsed

1 can black beans, drained and rinsed

1 large onion, finely chopped

2 cloves garlic, minced

1 bell pepper (any color), diced

1 can diced tomatoes (with juice)

2 tbsp tomato paste

2 tbsp chili powder

1 tsp ground cumin

1 tsp paprika (smoked paprika if available)

½ tsp cayenne pepper (adjust to taste)

1 tsp oregano

Salt and black pepper to taste

2 cups beef broth (or water)

1-2 tbsp olive oil (for cooking)

1 tsp sugar (to balance acidity)

Optional: ½ cup corn, ½ cup diced carrots

Instructions:

Brown the Meat: Heat olive oil in a large pot. Add the ground meat and cook until browned.

Sauté Vegetables: Add chopped onion, minced garlic, and diced bell pepper. Sauté with the meat until soft.

Add Tomatoes and Spices: Stir in diced tomatoes, tomato paste, chili powder, cumin, paprika, cayenne pepper, oregano, salt, and black pepper.

Add Beans and Broth: Add kidney and black beans. Pour in beef broth. Stir well.

Simmer: Bring to a boil, then reduce heat to low. Simmer uncovered for 30-45 minutes.

Final Touches: Add a teaspoon of sugar to balance the acidity. Adjust seasoning as needed.

Serve: Serve hot with desired garnishes.