

SLOW COOKER CHILI

Ingredients:

1 lb ground beef
1 tbsp olive oil
1, 15 oz can pinto beans, drained
1, 15 oz can black beans, drained
1 green bell pepper, finely diced
1 large onion, finely diced
2 cloves garlic, minced
1 jalapeño, finely minced
1 cup frozen corn
1, 28 oz can tomato sauce
1, 28 oz can petite diced tomatoes
3 tbsp chili powder
2 tbsp cumin
½ tbsp salt
2 tsp each; paprika, black pepper, garlic powder
1 tsp cayenne powder

To Serve:

shredded cheddar cheese
sour cream
hot sauce
tortilla chips or fritos

Directions:

Mix all spices together in a small bowl.

In a large pan, over medium-high heat, heat olive oil until shimmering. Add onions and peppers, and Season with ½ tbsp seasoning mix. Cook, until onions are translucent - about 5 minutes. Add ground beef, and season with 1 ½ tbsp seasoning mix. Cook, breaking up large pieces until no longer pink.

Add ground beef and peppers to the base of slow cooker. Add tomato sauce, diced tomatoes, and remaining spices. Stir to combine.

Cook on low for 4-6 hours.

10 minutes before serving, stir in frozen corn.

Serve immediately with favorite toppings.