

WEDNESDAY NIGHT DINNER CHILI

Ingredients:

2 Tbsp vegetable oil
2 lbs ground round
2 cloves of garlic, minced
1 ½ C chopped onions
1 C chopped green peppers
1 C chopped celery
2 (16 oz) cans kidney beans, drained
2 (14 ½ oz) cans diced tomatoes in juice
1 (15 oz) can tomato sauce
1 bay leaf
3 Tbsp chili powder
1 Tbsp granulated sugar
½ tsp ground cloves
1 tsp salt
½ tsp freshly ground black pepper
1 C beef broth
Grated cheddar cheese, for serving
Sour cream, for serving
Chopped green onion, for garnish

Directions:

Heat the oil in a large saucepan over medium heat. Add the ground round and sauté until browned, about 10 minutes. Add the garlic, onions, peppers, and celery and cook until the vegetables are soft, 8 to 10 minutes. Add the beans, tomatoes (and their juices), tomato sauce, bay leaf, chili powder, sugar, cloves, salt, and pepper, and stir well. Cover and simmer over low heat for 1 ½ hours. Add the broth and cook another 30 minutes. Adjust the seasonings before serving.

Serve bowls of chili topped with grated cheese, a dollop of sour cream, and chopped green onions.