

Taco Chili

Prep time: ~1hr
Serves: 15

Ingredients

- 1.5 lbs (680g) Lean Ground Beef *
- 1 Onion, chopped (~ 8-10oz / 227-283g)
- 1 can (28 fl.oz / 796ml) Crushed Tomatoes
- 3 cans (14 fl.oz / 398ml) Beans
- 1 can (19 fl.oz / 540ml) Red Kidney Beans
- 1 can (19 fl.oz / 540ml) Black Beans
- 2 cups (~ 12oz / 330g) Whole Kernel Corn
- Taco Seasoning to taste (~ 6-8 tablespoons)
- Optional: Any other veggies you feel like adding. Chopped spinach is nice, or a little grated carrot.
- Garnishes as desired: sour cream, grated cheese, cherry tomatoes, sliced cucumber, etc.

Instructions

1. In a LARGE pot (4L / 1 gal or bigger), brown the hamburger with the onion.
2. Add the crushed tomatoes and about half the taco seasoning. Bring to a simmer.
3. Add all the beans, stir well and bring to a simmer again.
4. Add the corn and the rest of the seasoning (as much or a little as you like) and any veggies you want. Bring to a sloppy simmer and let cook 5-10mins to make sure everything is brought up to temp. If you want a thinner consistency, add up to 1.5 cups of water, 0.5 cups at a time until it's how you want it.
5. Serve hot. Top with grated cheese and a dollop of sour cream and as many fresh tomatoes and cucumber slices as you want on the side. Eat it with a spoon or with nacho chips as a dip.

Note: This freezes really well. Put a few servings in a container or four, and pull them out whenever you don't feel like cooking.

*Or a ground meat or meat substitute of your choice. Veggie ground rounds work perfect to make this vegetarian friendly