

Stovetop Chili



Prep: 10 minutes

Cook: 60 minutes

Yields: 6 – 8 servings

INGREDIENTS

- 1 onion, diced
- 1 jalapeño, seeded & diced
- 4 cloves of garlic, minced
- 2 tbsp. of oil (optional)
- 1 lbs. of meat (optional)
- 1 tbsp of chili powder (or to taste)
- 1 tsp of cumin
- 1 sweet potato or 2-3 potatoes (peeled and cubed)
- 1 bunch of chopped hearty greens (kale or chard)
- 1-3 peppers (either sweet, poblano, or shishito)
- 1 15 oz. can of diced tomatoes (with juices)
- 1 15 oz. can of corn (optional)
- 2 15 oz. cans of beans (drained and rinsed)
- 2 cups of broth
- 1 tbsp. of tomato paste
- Salt & pepper (to taste)

DIRECTIONS

1. Optional (skip if making vegetarian chili): In a bowl, combine ground beef, venison, or elk, with 1 tbsp. of chili powder. Brown the meat in a large pot on the stove-top with the heat on low. Add the onion, jalapeño, and garlic to the meat and continue to cook on low for 5-10 minutes or until the meat is fully cooked. Drain fat if desired.
2. If making vegetarian chili, skip the first step and add oil to a large pot on the stove-top on low heat. Add diced onion, jalapeño, and garlic and cook, stirring occasionally until softened, 5-7 minutes.
3. Add diced sweet potato or any other root vegetable to the pot and continue to cook on medium-low heat until you can easily pierce the root vegetables with a fork.
4. Add the remainder of the seasonings and tomato paste to pot and stir until aromatic, about 1 minute. Add canned tomatoes, beans, and corn and stir till combined. Pour in broth.
5. Bring chili to a boil, then reduce heat and simmer uncovered for 45 - 60 minutes or until chili has reached desired consistency.
6. Top with shredded cheese, sour cream, avocado, fresh green onion, chopped cilantro, or crushed chips.



CHEF'S NOTES

This recipe is easy to make in a crockpot or insta-pot. Just add all ingredients to your crockpot at once and cook on low until chili is cooked to desired consistency.