

College of Business Administration

Best Chili on Earth

Ingredients:

- 2 pounds ground beef
- 4 tablespoons olive oil
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, minced
- 1/4 cup flat-leaf parsley, finely chopped
- 2 jalapeño peppers, finely chopped (optional)
- 3 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon sugar
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon black ground pepper
- 1/4 teaspoon cayenne pepper
- 46-oz. can tomato juice
- 28-oz. can diced tomatoes
- 15-oz. can tomato sauce
- 16-oz. can kidney beans, drained and rinsed
- 16-oz. can pinto beans, drained and rinsed
- Shredded cheese and sour cream, for topping

Directions:

In a large skillet, cook ground meat over medium-high heat until no longer pink. Transfer the meat to a bowl. Drain excess grease from skillet, but do not clean.

Add the olive oil to the skillet. Add the onion, bell pepper, garlic, parsley and jalapeño peppers (if using) and cook over medium heat, stirring occasionally, until onions are soft and fragrant (about 5 minutes). Remove from heat and add the chili powder, cumin, sugar, oregano, salt, pepper and cayenne pepper. Stir until combined.

If cooking on the stove top, add the cooked meat back to the skillet. If using a slow cooker, add meat-veggie mixture to the slow cooker. Add the tomato juice, diced tomatoes, tomato sauce, kidney beans and pinto beans to either the skillet or slow cooker, depending on which you are using. On the stove top, bring to a boil, dial back to medium-low and simmer for 2 hours (stir occasionally). In slow cooker, cook on low for 7 to 8 hours. Serve warm with cheese and sour cream.