

For Chili

Onion - 1/2 medium

Bell Pepper - 1 large

Celery - 1 stalk

Garlic - 2 cloves

Oil - about 2 tablespoons

Chili Powder - 2 tablespoon

Tomato Paste - 1 tablespoon

Stewed Tomatoes - 14.5 oz

Chicken Broth - 1 cup

Ground Beef - 1 lb

For Garnish (optional)

Green Onion

Sour Cream

Cheese

Add about 2 tablespoons oil to large sauce pot. Over medium-low heat, add vegetables. This step is to "sweat" out all of the flavors of the vegetables. "Sweating" the vegetables requires keeping the heat low and slowly bringing out the flavors of the vegetables for at least 10 minutes.

Add 1 tablespoon tomato paste.

Add 2 tablespoons chili powder

Add 1 lb ground beef. Cook over medium heat.

Add 14.5 oz stewed tomatoes.

Add 1 cup chicken broth. Let simmer for at least 20 minutes.

Garnish with green onions, cheese, sour cream