

## Beef and Bean Chili

Servings: 8 @ 6 Points

Preparation Time: 28 min

Cooking Time: 40 min

2 tsp olive oil  
1 medium onion(s), chopped  
2 medium stalk(s) celery, chopped  
2 medium garlic clove(s), minced  
1 small jalapeno pepper(s), seeded and minced\*\*  
1 pound(s) lean ground sirloin  
2 Tbsp chili powder  
2 tsp ground cumin  
1 tsp dried oregano  
2 piece(s) bay leaf  
1/2 tsp table salt  
1/2 tsp red pepper flakes, or more to taste  
28 oz canned crushed tomatoes  
1 cup(s) canned beef broth, reduced-sodium  
8 oz canned tomato sauce  
30 oz canned kidney beans, rinsed and drained  
1/2 cup(s) shallot(s), chopped

### Instructions

Heat oil in a large stockpot over medium-high heat. Add onion, celery, garlic and jalapeño; sauté until tender, about 4 minutes. Add beef and sauté until browned and cooked through, breaking up meat as it cooks, about 5 minutes; drain mixture through a colander to remove excess fat.

Return beef mixture to pan (set over medium-high heat) and add chili powder, cumin, oregano, bay leaves, salt and red pepper flakes; stir to coat vegetables and beef with spices. Add tomatoes, broth, tomato sauce and beans, and bring to a boil; reduce heat and simmer, partially covered, for 30 minutes.

To serve, discard bay leaves, ladle chili into bowls and top with chopped shallots. Yields about 1 heaping cup per serving.