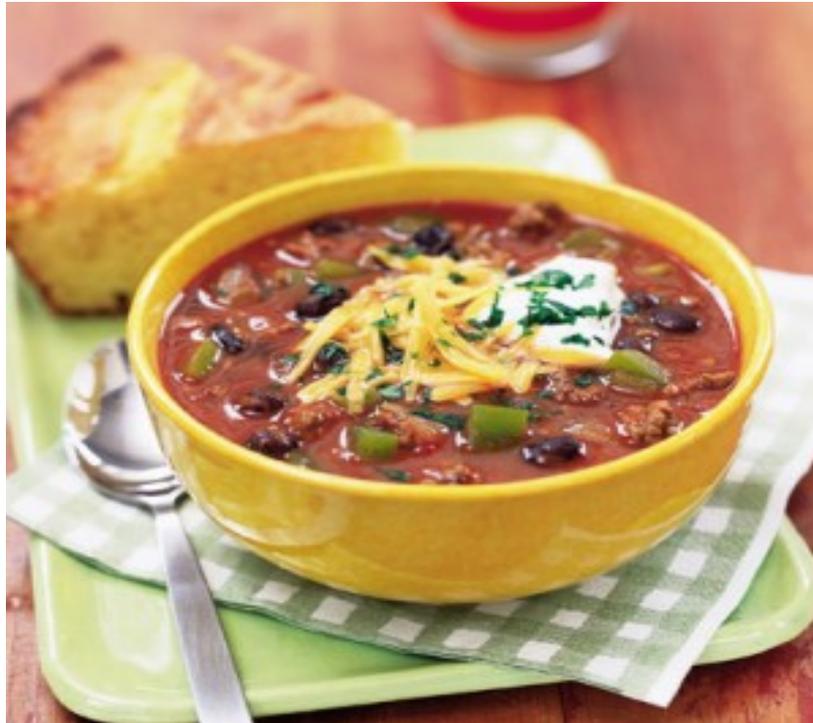


## Spicy Beef and Bean Chili Recipe

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*"Chili con carne (chili with meat) or more commonly known as simply "chili" is a spicy stew containing chili peppers, meat, tomatoes, and often beans. Traditional versions are made using chili peppers, garlic, onions, and cumin, along with chopped or ground beef. Variations, both geographic and personal, may involve different types of meat as well as a variety of other ingredients. The variant recipes provoke disputes among aficionados, which makes chili a frequent dish for cook-offs. Chili is also used as an ingredient in a number of other foods."*

This spicy chili is made with beef, beans, and tomatoes, along with chile peppers and seasonings.

### Ingredients:

- 2 medium onions, chopped
- 2 tablespoons vegetable oil
- 2 cloves garlic, finely chopped
- 1/2 to 1 hot chile pepper - jalapeno, serrano, or habanero, seeded and minced
- 1 teaspoon ground cumin
- 1/3 cup pure mild chili powder
- 3 pounds coarsely ground beef
- 1 teaspoons dried Mexican oregano or Italian leaf oregano

1/2 teaspoon salt  
1 can (14.5 ounces) diced tomatoes with juice, or chili style tomatoes  
2 cups beef broth  
1/2 teaspoon ground cayenne  
1 cup (15 ounces) pinto beans, drained and rinsed  
3 to 4 tablespoons tequila  
shredded Cheddar or Monterey Jack cheese, optional  
sour cream, optional  
canned nacho-sliced jalapeno peppers, optional

### **Directions:**

In a large Dutch oven or kettle, cook the onions in the oil, covered, over medium heat. Uncover and continue to cook, stirring occasionally, until the onions are golden, but not browned, about 5 minutes longer. Add the garlic, minced chile peppers, and ground cumin. Cook, stirring often, for about 2 minutes. Add the chili powder and cook, stirring constantly, for 1 minutes.

Add the ground beef, oregano, and salt. Cook, stirring often, until the meats are no longer pink, 8 to 10 minutes. Add the crushed tomatoes, stock, cayenne, and bay leaf. Bring to a boil, reduce the heat to medium-low, and simmer, with cover slightly ajar, for about 1 1/2 hours.

Add the beans, crushing some of them against the side of the pot to help thicken the chili. Add the tequila and season with additional salt and cayenne to taste. Simmer, uncovered, for 10 to 15 minutes longer.

Good or better when reheated and freezes well for up to 3 months, though it may need an extra dash of cayenne before serving. Serves 8.

Top each serving with shredded cheese, a teaspoon of sour cream, and jalapeno pepper slices, if desired.

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