

## Easy Homemade Chili Beans: Hearty & Flavorful Beef Chili

chili powder, cumin, and cayenne



**TIME**  
**2-3 min**

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**ChefManiac**

### INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, diced
- 2-3 jalapeño peppers, diced (seeds removed for milder heat; use bell pepper for very mild)
- 6 cloves garlic, minced
- 2 pounds lean ground beef
- 3 tablespoons chili powder, or more to taste
- 1 tablespoon ground cumin
- 1 teaspoon cayenne pepper (optional, for extra spicy)
- Salt and black pepper to taste
- 2 tablespoons tomato paste
- 1 1/2 cups beef broth
- 1 (15 ounce) can diced tomatoes with juices (fire roasted tomatoes are preferred for extra flavor)
- 1 (15 ounce) can stewed tomatoes
- 1 (15 ounce) can crushed tomatoes with juices
- 2 (15 ounce) cans red kidney beans, drained and rinsed
- 1 tablespoon or more hot sauce
- 1 tablespoon or more red pepper flakes (for a spicier version)
- Shredded cheddar cheese
- Spicy chili flakes
- Sour cream
- Chopped green onion

Chopped cilantro or parsley  
Fritos or tortilla chips  
Diced avocado

## DIRECTIONS

1. Let's get this delicious : Easy Homemade Chili Beans simmering!
2. Heat : Oil & SautØ Aromatics: Heat the 1 tablespoon olive oil in a large pot or Dutch oven over medium heat. Add the 1 large diced onion and 2-3 diced jalapeño peppers (or bell pepper). Cook for 2-3 minutes to soften them, stirring occasionally. Add the 6 cloves minced garlic and cook for 1 minute more until fragrant, being careful not to burn the garlic.
3. Brown : Ground Beef: Add the 2 pounds lean ground beef to the pot. Break it apart with a wooden spoon and brown the meat for 5-6 minutes, stirring occasionally, until no pink remains. Drain any excess grease thoroughly.
4. Bloom : Spices & Add Tomato Paste: Stir in the 3 tablespoons chili powder, 1 tablespoon ground cumin, 1 teaspoon cayenne pepper (if using), salt, and black pepper to taste, and 2 tablespoons tomato paste. Cook for 1-2 minutes, stirring constantly, to allow the spices to "bloom" and become more fragrant.
5. Add : Liquids & Beans: Pour in the 1 1/2 cups beef broth, 1 (15 ounce) can diced tomatoes with juices (or fire roasted), 1 (15 ounce) can stewed tomatoes, 1 (15 ounce) can crushed tomatoes with juices, and the 2 (15 ounce) cans drained and rinsed red kidney beans. If using optional hot sauce or red pepper flakes, add them now.
6. Simmer : Chili: Bring the chili to a boil over medium-high heat. Once boiling, reduce the heat to low, and let it simmer, uncovered, for at least 40 minutes. This simmering time allows the flavors to meld and develop. You can simmer longer if you'd like,

up to 60 minutes or even more, stirring occasionally. The longer it simmers, the more the flavors will deepen.

7. **Serve & : Garnish:** Ladle the hot chili into bowls. Serve with your favorite chili toppings, like shredded cheddar cheese, spicy chili flakes, sour cream, chopped green onion, chopped cilantro or parsley, fritos or tortilla chips, or others.

## TIPS FOR SUCCESS

**Drain Beef Thoroughly:** Removing excess grease from the browned beef will prevent your chili from being oily.

**Bloom Spices:** Cooking the spices with the beef and tomato paste for a minute or two helps unlock their full flavor potential.

**Adjust Heat:** Jalapeño peppers can vary in heat.

**Remove seeds and membranes** for less heat.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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