

Busy-Day Chili: Your Quick & Hearty Weeknight Comfort Food

I absolutely love this Busy-Day Chili because it's a true weeknight hero. It's incredibly



TIME
30 min

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INGREDIENTS

1 tablespoon olive oil
1 pound lean ground beef (or ground turkey)
1 large yellow onion, chopped
2 cloves garlic, minced
1 (15-ounce) can tomato sauce
1 (14.5-ounce) can diced tomatoes, undrained
1 (6-ounce) can tomato paste
1 (15-ounce) can kidney beans, rinsed and drained
1 (15-ounce) can black beans, rinsed and drained
1 cup beef broth (or water)
2 tablespoons chili powder (adjust to your preference)
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
1/4 teaspoon cayenne pepper (optional, for extra heat)
Salt and freshly ground black pepper to taste
Optional toppings: Shredded cheddar cheese, sour cream, chopped green onions, fresh cilantro, tortilla chips, cornbread

DIRECTIONS

- 1. Brown the : Meat:** In a large Dutch oven or a deep, heavy-bottomed pot, heat the olive oil over medium-high heat. Add the ground beef (or turkey) and cook, breaking it up with a spoon, until it's browned and cooked through. Drain off any excess fat.
- 2. SautØ Aromatics:** Add the chopped onion to the pot with the browned meat. Cook until softened, about 5-7 minutes. Stir in the minced garlic and cook for another minute until fragrant.
- 3. Add : Tomatoes & Beans:** Stir in the tomato sauce, diced tomatoes (undrained), tomato paste, rinsed kidney beans, and rinsed black beans.
- 4. Add : Seasonings & Broth:** Stir in the beef broth, chili powder, ground cumin, smoked paprika, and cayenne pepper (if using). Stir everything well to combine, making sure no lumps of tomato paste remain.
- 5. Simmer & : Flavor Meld:** Bring the mixture to a gentle simmer. Reduce the heat to low, cover the pot, and let it simmer for at least 15-20 minutes, or up to 30 minutes, stirring occasionally. This simmering time allows the flavors to meld beautifully.
- 6. Season & : Serve:** Taste the chili and adjust seasonings with salt and freshly ground black pepper as needed. Ladle hot chili into bowls and top with your favorite optional garnishes like shredded cheddar cheese, a dollop of sour cream, chopped green onions, or fresh cilantro. Serve immediately with tortilla chips or cornbread on the side.

SWAPS & NOTES

Ground Meat: Lean ground beef is classic, but ground turkey or chicken work wonderfully for a lighter version.

You could even use ground pork or a plant-based crumble.

Beans: Kidney and black beans provide a great textural contrast, but you can use any combination of your favorite beans (pinto, cannellini, etc.).

Make sure to rinse and drain them well.

TIPS FOR SUCCESS

Drain Excess Fat: This is important for a less greasy, more flavorful chili.

Rinse Beans Thoroughly: Rinsing canned beans removes excess sodium and starch, which can affect the flavor and consistency of your chili.

Simmer Time Matters: Even though it's a "busy-day" chili, that 15-20 minute simmer is crucial for the flavors to deepen and come together.

Adjust Spice: Don't be afraid to taste and adjust the chili powder and cayenne.

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

Original recipe: <https://chefmaniac.com/busy-day-chili-your-quick-hearty-weeknight-comfort-food/>