

## Easy Homemade Chili Beans: A Hearty Bowl of Comfort

Here's what you'll need to create this comforting pot of Easy Homemade Chili Beans:



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

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**ChefManiac**

### INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, diced
- 2-3 jalapeño peppers, diced (remove seeds and membranes for milder heat; use 1-2 bell peppers, any color, for a very mild version)
- 6 cloves garlic, minced
- 2 pounds lean ground beef (preferably 85% or 90% lean)
- 3 tablespoons chili powder (or more, to taste)
- 1 tablespoon ground cumin
- 1 teaspoon cayenne pepper (optional, for extra spiciness)
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon black pepper (or to taste)
- 2 tablespoons tomato paste
- 1 1/2 cups beef broth (low sodium preferred)
- 1 (15-ounce) can diced tomatoes with juices (fire-roasted diced tomatoes are highly recommended for extra flavor)
- 1 (15-ounce) can stewed tomatoes (can be gently broken apart with a spoon if pieces are too large)
- 1 (15-ounce) can crushed tomatoes with juices
- 2 (15-ounce) cans red kidney beans, drained and thoroughly rinsed
- 1 tablespoon or more hot sauce (e.g., Tabasco, Cholula)
- 1 tablespoon or more red pepper flakes (for a

spicier kick)

Shredded cheddar cheese or a Mexican cheese blend

Sour cream or plain Greek yogurt

Chopped green onions (scallions)

Fresh chopped cilantro or parsley

Fritos or tortilla chips

Diced avocado

Hot sauce or extra red pepper flakes

## DIRECTIONS

1. SautØ Aromatics:
2. Heat 1 tablespoon of olive oil in a large, heavy-bottomed pot or Dutch oven over medium heat.
3. Add the diced onion and diced jalapeño peppers (or bell peppers if using) to the pot. Cook for 2-3 minutes, stirring occasionally, until they begin to soften and become fragrant.
4. Add the minced garlic and cook for an additional 1 minute, stirring constantly, until aromatic. Be careful not to burn the garlic.
5. Brown the : Ground Beef:
6. Add the 2 pounds of lean ground beef to the pot with the softened vegetables.
7. Using a wooden spoon or spatula, break the meat apart into smaller crumbles.
8. Brown the ground beef for 5-6 minutes, stirring occasionally, until it is no longer pink. If there is a significant amount of grease, carefully drain off any excess fat.
9. Bloom the : Spices and Tomato Paste:
10. Reduce the heat to medium-low.
11. Stir in the 3 tablespoons chili powder, 1 tablespoon ground cumin, 1 teaspoon cayenne pepper (if using), 1 teaspoon salt, 1/2 teaspoon black pepper, and 2 tablespoons tomato paste with the browned ground beef and vegetables.
12. Cook for 1-2 minutes, stirring constantly. This step allows the spices to "bloom" in the hot oil, intensifying their flavor, and the tomato paste to deepen in color and taste.

13. Add : Liquids and Beans:
14. Pour in the 1 1/2 cups beef broth, 1 (15-ounce) can diced tomatoes (with juices), 1 (15-ounce) can stewed tomatoes (you can gently break up larger pieces with a spoon), and 1 (15-ounce) can crushed tomatoes (with juices).
15. Add the 2 (15-ounce) cans of red kidney beans, which have been thoroughly drained and rinsed.
16. If using, stir in any optional hot sauce or red pepper flakes at this stage.
17. Simmer and : Develop Flavors:
18. Bring the mixture to a boil over medium-high heat, stirring occasionally.
19. Once boiling, reduce the heat to low, ensuring the chili maintains a gentle simmer. Leave the pot uncovered.
20. Simmer for at least 40 minutes, stirring occasionally to prevent sticking. The longer it simmers, the more the flavors will meld and deepen. You can simmer for up to 60 minutes or even longer if time permits. The chili will also thicken as it simmers.
21. Taste and adjust seasoning (salt, pepper, or more chili powder/cumin) as needed before serving.
22. Serve:
23. Ladle the hot chili beans into bowls.
24. Serve immediately with your favorite toppings, such as shredded cheddar cheese, sour cream, chopped green onions, fresh cilantro, or a side of Fritos or tortilla chips.

## SWAPS & NOTES

**Ground Meat:** While lean ground beef is traditional, you can easily swap it for ground turkey, ground chicken, or a mix of ground beef and sausage (mild or hot Italian sausage works well).

**Peppers:** Adjust the type and quantity of peppers to your heat preference.

For more heat, leave some seeds and membranes in the jalapeños, or add a habanero or serrano pepper.

**Beans:** Red kidney beans are classic, but you can use pinto beans, black beans, or a mix of different beans.

## TIPS FOR SUCCESS

**Don't Rush the Browning:** Properly browning the ground beef creates foundational flavor (Maillard reaction).

**Drain Fat:** If using higher-fat ground beef, draining excess grease after browning prevents a greasy chili.

**Bloom Spices:** This is a crucial step!

Cooking the dry spices briefly with the fat and tomato paste awakens their flavors and integrates them better into the chili.

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

Original recipe: <https://chefmaniac.com/easy-homemade-chili-beans-a-hearty-bowl-of-comfort/>