

## The One-Pot Chili That Wins Every Office Cook-Off

1 lb ground beef (or turkey, or a plant-based alternative)



**TIME**  
**15 min**

**METHOD**  
**Slow cooker**

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### INGREDIENTS

1 lb ground beef (or turkey, or a plant-based alternative)  
1 medium onion, diced  
2 cloves garlic, minced  
1 bell pepper, diced (any color)  
1 can (15 oz) kidney beans, drained and rinsed  
1 can (15 oz) black beans, drained and rinsed  
1 can (28 oz) crushed tomatoes  
2 tablespoons chili powder  
1 tablespoon cumin  
1 teaspoon smoked paprika  
Salt and pepper to taste  
Optional toppings: shredded cheese, sour cream, chopped green onions, or cilantro

### DIRECTIONS

- 1. Brown the : Meat:** In a large pot over medium heat, add the ground beef (or turkey). Cook until browned, breaking it apart with a spatula. This should take about 5-7 minutes. Make sure to drain any excess fat.
- 2. Add the : Vegetables:** Stir in the diced onion, bell pepper, and minced garlic. SautØ for another 5 minutes until the vegetables are softened. This step adds a wonderful aroma to your kitchen!
- 3. Incorporate the : Beans and Tomatoes:** Add the kidney beans, black beans, and crushed tomatoes to the pot. Stir well to combine all the ingredients.
- 4. Season the : Chili:** Sprinkle in the chili powder, cumin, smoked paprika, salt, and pepper. Mix thoroughly and bring the mixture to a simmer.
- 5. Let : It Simmer:** Reduce the heat to low and let the chili simmer for about 30 minutes. This is where the magic happens! Stir occasionally to prevent sticking.
- 6. Serve and : Enjoy:** Once the chili has thickened and the flavors have melded, serve it hot with your choice of toppings. Enjoy the compliments!

### TIPS FOR SUCCESS

**Make It Ahead:** Chili tastes even better the next day!

**Make it a day in advance** and let it sit in the fridge overnight.

**Spice It Up:** If you like heat, add diced jalapeños or a dash of cayenne pepper for an extra kick.

**Experiment with Beans:** Feel free to mix and match different types of beans based on your preference.

