



SCOTT'S SLOW COOKER COWBOY CHILI

Servings: 6 to 8

Prep: 20 minutes / **Cook:** 3 hours on High / 6 – 8 hours on Low *

Ingredients:

- 1 ½ to 2 pounds ground beef (or ground turkey, if you prefer)
- 1 white onion, diced and divided
- 1 large red bell pepper, diced
- 1 to 2 jalapeno peppers, seeds removed then diced**
- 3-4 cloves garlic, minced
- 1 can (16 ounces) pinto beans (I use Bush's Chili Beans/Pinto Beans in Mild Chili Sauce)
- 2 cans (16 ounces each) kidney beans (Bush's Chili Beans/Kidney Beans in Mild Chili Sauce)
- 1 to 2 cans (10 ounces) diced tomatoes & green chilis (I use Ro-Tel Original Diced Tomatoes and Green Chilis, sometimes opting for the Fire Roasted or Hot variety, or a combination of both)
- 1 can (6 ounces) tomato paste
- 1 bag (12 ounces) frozen fire roasted corn kernels (I use Birds Eye)***
- 1 tablespoon chili powder
- 1 tablespoon paprika
- ½ tablespoon of cinnamon
- ½ tablespoon of cumin
- ½ tablespoon onion powder
- 1 to 2 squares of dark chocolate (always optional)
- Salt and pepper

** If you want to forgo the slow cooker, use a heavy-bottomed Dutch oven or large pot and make this on the stove. The longer it simmers, the better it'll taste.*

*** I touch my eyes a lot and I have learned—the hard way—to wear disposable rubber gloves when deseeding, chopping, and handling jalapeno peppers. I always keep a box of gloves in my pantry.*

**** Non-fire roasted frozen corn works, too, and so does corn cut off a couple of corn cobs...or a 16 ounce can of whole kernel corn, drained.*

continued

Steps:

1. Chop up your onion (save half for serving) and peppers. Mince the garlic cloves, or use already minced garlic from a jar (which I *always* have in the refrigerator).
2. Brown the ground beef and onion in the slow cooker on the 'Sauté' setting. If your slow cooker doesn't do that, brown your meat and onion on the stove in a large frying pan on medium-high heat until the meat is no longer pink. Drain off the fat, if desired.
3. Add garlic, frozen or fresh corn, bell pepper, jalapeno, canned beans (undrained), diced tomato, tomato paste, spices, and chocolate, if using, and stir very well to combine.
4. Cover and cook on High for 3 hours or Low for 6 to 8 hours, stirring occasionally.
5. Serve with raw onion, shredded cheddar, and sour cream on top.

Note:

- What's better than hot buttered corn muffins on the side? They are a given when I serve chili.
- The chili heats up easily on the stove or in the microwave and keeps for several days in the refrigerator. I think it's even better the next day! Alternatively, freeze individual portions for a quick meal next week or in a month or two.