

Amerikan Chilli

Classic American chili recipe with ground beef, kidney beans, and bold spices. Ready in 90 minutes, serves 4. Perfect comfort food for cold days.

20 min

HAZIRLIK

1h 10min

PIRME

1h 30min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Amerikan Chilli

Malzemeler

- 2 tbsp sunflower oil
- 1 lb ground beef
- 2 onion
- 1 lb tomato
- 1 cup water
- 4 clove garlic
- 1.9 lb red kidney beans
- 3 tbsp chili flakes
- 0.5 tbsp oregano
- 0.5 tbsp cumin
- 0.5 tbsp salt
- 0.5 tbsp black pepper
- 2 tbsp corn starch

Yapılışı

- Prepare the vegetables**

Dice the 2 onions and mince the 4 cloves of garlic. Set aside separately.
- Brown the beef**

Heat 2 tablespoons of oil in a large heavy-bottomed pot over medium-high heat. Add the 1.9 pounds of ground beef and cook, breaking it up with a spoon, until browned and no longer pink, about 6-8 minutes.
- Add the onions**

Add the diced onions to the pot with the beef and cook, stirring occasionally, until the onions are soft and translucent, about 5-6 minutes.
- Add the garlic**

Add the minced garlic and cook, stirring constantly, until fragrant, about 30 seconds.
- Add spices and liquids**

Stir in 3 tablespoons chili powder, 1/2 tablespoon oregano, 1/2 tablespoon cumin, 1/2 tablespoon salt, and 1/2 tablespoon black pepper. Cook for 1 minute until fragrant.
- Simmer**

Add the 1 cup of tomato sauce and 1.5 cups of water. Bring to a boil, then reduce heat to low and simmer, partially covered, for 30 minutes, stirring occasionally.

7 Add beans and continue cooking

Drain and rinse the 1 pound of kidney beans if using canned, or use cooked beans. Add to the pot and simmer for another 30 minutes, stirring occasionally, until the chili has thickened.

8 Thicken and finish

Mix 2 tablespoons of cornstarch with 3 tablespoons of cold water in a small bowl until smooth. Stir into the chili and cook for 2-3 minutes until thickened. Taste and adjust seasoning with salt and pepper if needed.

?puçlar?

Brown the ground beef in batches if necessary to avoid overcrowding the pan, which can cause the meat to steam rather than develop a flavorful crust.

Drain and rinse canned beans before adding to remove excess sodium and improve the texture of your chili.

Let the chili rest for 10-15 minutes after cooking to allow the flavors to settle and the consistency to thicken naturally.

Taste and adjust seasonings at the end - chili often needs a pinch more salt or a dash of hot sauce to bring all the flavors together.

For richer flavor, add a square of dark chocolate or a tablespoon of cocoa powder during the last 15 minutes of cooking.

Make chili a day ahead when possible - the flavors develop and improve significantly after resting overnight in the refrigerator.

If your chili becomes too thick, thin it with beef broth rather than water to maintain the rich flavor profile.

Freeze portions in individual containers for quick weeknight meals - just thaw and reheat for an instant dinner.