



SHELburne FARMS

# Beef Chili

From David Hugo, Executive Chef at the Inn at Shelburne Farms

- 3 Tbsp vegetable oil
- 2 medium yellow onions, medium dice
- 1 medium red bell pepper, medium dice
- 6 medium garlic cloves, finely chopped
- ¼ cup chili powder
- 1 Tbsp ground cumin
- 2 lbs lean ground beef
- 1 ½ tsp kosher salt, plus more as needed
- 1 (28-oz) can diced tomatoes
- 1 (24-oz) can tomato juice
- 1 (15-oz) can kidney beans, drained and rinsed
- 1 (15-oz) can black beans, drained and rinsed
- 1 (15-oz) can garbonzo beans, drained and rinsed

## INSTRUCTIONS

1. Heat the oil in a large pot over medium high heat. Add the onions and bell pepper, season with salt, and cook, stirring occasionally, until softened, about 8 minutes.
2. Add the garlic, chili powder, and cumin, stir to coat the vegetables, and cook until fragrant, about 1 minute. Add the ground beef and season again with salt and cook, breaking the meat into small pieces with a wooden spoon, until the beef is no longer pink, about 7 minutes.
3. Add the diced tomatoes and their juices, tomato juice, and beans, and stir to combine. Cover and simmer low until the chili thickens and the flavors meld, about 45 minutes to 1 hour.
4. Taste and season with salt as needed, and serve with the Shelburne Farms cheddar, scallions, and sour cream.

*\*Dried beans can be substituted for the canned beans if you prefer. Use 1½ cups cooked beans in place of each can.*

*\*\*The flavors continue to develop as the chili sits, so go ahead and make it up to 2 days in advance.*