



## Chili con Carne

**SERVINGS** 10    ⌚ **PREP TIME** 20 min    **COOK TIME** 90 min

### DIRECTIONS

1. In a Dutch oven, cook beef over medium heat until no longer pink, 5-7 minutes; crumble beef. Drain and set aside.
2. In the same pot, heat oil; saute onions until tender. Add garlic; cook 1 minute longer. Stir in the green pepper, salt, chili powder, bouillon, cayenne, cinnamon, cumin and oregano. Cook for 2 minutes, stirring until combined.
3. Add tomatoes and browned beef. Stir in water. Bring to a boil. Reduce heat; cover and simmer for about 1 hour. Add beans and heat through. If desired top with sour cream and jalapeno.

### INGREDIENTS

- 2 pounds ground beef
- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 1 medium green pepper, chopped
- 1-1/2 teaspoons salt
- 2 tablespoons chili powder
- 3 teaspoons beef bouillon granules
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- 1 cup water
- 1 can (16 ounces) kidney beans, rinsed and drained
- Optional: Sour cream and jalapeno slices

For a pinch of  
*Seabra's*  
flavor...

You can make these with fresh or frozen blueberries if you use frozen, do not thaw them.