Beef and Sweet Pepper Bean Chili

2 bowls of beef-bean chili, each with 1 whole-wheat bread slice · Active 35 min · Total 1 hr 15 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 7 oz raw ground beef,90% lean/10% fat (200 g)
- 1 can red kidney beans, drained and rinsed (240 g edible solids)
- 1 can crushed tomatoes with juice (400 g/about 14 oz)
- 1 red bell pepper, stem and seeds removed, diced (150 g prepared)
- 1 small onion, diced (100 g)
- 2 garlic cloves, minced (6 g)
- 1 teaspoon olive oil (5 ml/about 4.5 g)
- 1 teaspoon sweet paprika (2 g)
- 1/2 teaspoon ground cumin (1 g)
- 1/8 teaspoon pure ground cayenne (0.25 g)
- 1/2 cup water (120 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 2 slices whole-wheat bread (80 g total)

Set out

3-liter/3-quart saucepan with lid, Sieve, Spoon, Knife and board, Kitchen scale, Measuring jug, Food thermometer, 2 bowls

Allergens

Wheat; check bread labels for milk, sesame or other added allergens. Check labels and substitutions.

Make it

1. Drain and rinse canned kidney beans and weigh 240 g. Heat oil in the saucepan over medium heat. Cook onion and pepper for 9–11 minutes until softened.

2. Add raw beef and break into small crumbles. Cook for 7–9 minutes until a gathered thick portion reaches 160°F/71°C, keeping the probe clear of the hot metal base. Stir in garlic, paprika, cumin and cayenne for 30 seconds.

3. Add tomatoes, water and salt. Bring to a gentle simmer and cook uncovered for 15–20 minutes, stirring along the base, until the mixture begins to thicken.

4. Fold in the cooked canned beans and simmer gently for 8–10 minutes until the whole chili reaches 165°F/74°C. Add a small splash of water if the base catches; if too thin, simmer uncovered a little longer. Divide between 2 bowls and serve each with 1 bread slice.

A useful kitchen skill

Soften vegetables before browning ground meat and judge a stew by its reduced consistency, not only a fixed clock.

A useful detail

Only commercially canned kidney beans are used in the base. The raw 90/10 beef's full input composition and the bread are counted; an unmeasured fat drain or topping is not assumed.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat only the portion needed to 165°F/74°C throughout, stirring. Freeze for up to 2 months and thaw in the refrigerator. Store bread separately according to its package. If using beans cooked earlier, keep their original shorter storage deadline.