

# Chili

## Ingredients

- 1 large sweet onion, chopped
- 1 large bell pepper, chopped
- 2 tsp chopped garlic
- 2 tbsp olive oil
- 2 cups white button mushrooms, finely chopped
- 2 28oz cans tomato sauce
- 1 6oz can tomato paste
- 1 lb ground beef or ground pork/beef mix
- 1 can red kidney beans, drained and rinsed
- 1 can white kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 cup frozen corn
- 2 tsp smoked paprika
- 1 tsp chipotle chili powder
- 1 tsp cumin
- 1 tsp cayenne (optional)
- Salt and pepper to taste
- 2 cups cooked long grain rice

## Preparation

1. Brown the ground meat in a cast iron pan and set aside
2. In a large dutch oven, saute the onions and peppers in olive oil until the onions are semi-transparent, about 3-5 minutes
3. Add the garlic and saute for another minute
4. Add the tomato sauce and tomato paste. Mix until the tomato paste is well combined
5. Add the spices to the sauce mix
6. Add the ground meat, mushrooms, beans, and spices to the sauce mix
7. Cover and simmer on low heat for 1 hour, stirring every 15 minutes.
8. At the 45 minute mark, stir in the frozen corn
9. Serve with rice

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