

Slow Cooker Beef & Bean Chili

Ingredients

- 1 lb ground beef (90/10 or 93/7)
- 1/2 medium onion, diced
- 1 medium red bell pepper, chopped
- 2 garlic cloves, minced
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 15 oz black beans, drained & rinsed
- 15 oz kidney beans, drained & rinsed
- 15 oz petite diced tomatoes (with juice)
- 10 oz Rotel (or tomatoes w/ chiles), drained
- 8 oz tomato sauce
- Optional toppings: sour cream, cheddar, onions, cilantro, avocado

Instructions

- Brown beef in skillet 4–5 mins, breaking it up.
- Add onion, pepper & garlic; sauté 4–5 mins.
- Add spices & cook 30 sec.
- Transfer mixture to slow cooker.
- Add beans, diced tomatoes, Rotel & tomato sauce.
- Stir to combine.
- Cook HIGH 3–4 hrs or LOW 7–8 hrs.
- Taste + season.
- Serve with toppings.

Nutrition (estimated)

Est. per serving: ~420 kcal • 30g protein • 35g carbs • 18g fat (varies w/ toppings)

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