

Favourite Chili



- 1 pound lean ground beef
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 1.5 teaspoons ground cumin
- 1.2 teaspoon dried oregano
- 2 cans (19 oz each) kidney beans
- 1 can (28 oz) diced tomatoes
- 1 cup beef broth
- 1 can (4 oz) chopped green chilies
- 1 cup corn (fresh, frozen or canned)
- shredded cheese, sour cream and corn chips, to serve

Brown the beef, onion and garlic in a large sauce pot or Dutch oven over medium heat, until meat is cooked through and onions are tender (drain off fat, if necessary). Add spices, stir to coat. Add beans, tomatoes, broth and chilies. Bring to a simmer. Lower heat and simmer, uncovered for 20 minutes. Add corn and cook until heated or cooked through. Serve with cheese, sour cream and chips, if desired.

Makes: 8 servings

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