

Chili Bean Stew with Vegetables



Enjoy! Jackie Allen's recipe.

Ingredients:

- 2 tablespoons butter
- 1 large onion, chopped
- 2 cloves garlic, minced or finely chopped
- 1 pound lean ground beef or pork
(omit if you wish vegetarian style)
- 1 teaspoon salt
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons ground cumin
- 1/2 tsp. ground black pepper
- 1/4 teaspoon cayenne pepper
(a little more if you wish to make it even hotter)
- 7.5 oz beef broth (chicken is fine too)
- 2 medium white potatoes, peeled and diced
- 2 large carrots, peeled and diced
- 2 bell peppers, diced
- 1/2 cup salsa or chili sauce
- 1 (15 oz) can kidney beans or pinto, drained
- 1 (15 oz) can black beans or any other favorite beans!
- 2 tablespoons fresh chopped cilantro or parsley (1 tsp dried)



Directions:

1. In a large sauce pan or Dutch oven pot, melt butter medium heat. Add onions and garlic and sauté until a gold color, 4-5 minutes
2. Add beef, sprinkle salt, cook until brown. Stir all the dry seasonings - chili powder, cumin, black pepper, & cayenne pepper - mix about 3 minutes
3. Add broth, potatoes, carrots, bell peppers, and salsa/chili sauce. In a very low heat, cover pot and simmer until vegetables are soft (40-50 minutes). Stir in your favorites beans and fresh herbs, cover, cook for another 20 minutes.

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