

Slow Cooker Bean & Beef Chili

Makes: 8 servings

Prep time: 20 minutes

Cook time: 8 hours

Ingredients:

- 2 tsp. cooking fat of choice
- 1½ lbs. lean ground beef or bison (*may substitute ground turkey*)
- 1 medium onion, diced
- 4 cloves of garlic, minced
- 1 bell pepper, any color, diced
- 1 small jalapeño pepper, finely diced (*seeds and membranes removed for less heat*)
- 3 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 tsp. smoked paprika
- ¼ tsp. salt, plus more to taste
- ¼ tsp. black pepper
- 2 (15-ounce) cans tomato sauce
- 1 (14-ounce) can fire-roasted diced tomatoes
- 1 (4-ounce) can diced green chiles
- 1 (14.5-ounce) can kidney beans, drained and rinsed
- 1 (14.5-ounce) can pinto beans, drained and rinsed
- 1 (14.5-ounce) can black beans, drained and rinsed
- ¾ cup beef broth
- 1 Tbsp. cocoa powder
- ¼ tsp. cinnamon

Directions:

1. Heat a large skillet or Dutch oven over medium heat. Add the oil. When the oil starts to shimmer, add the onion, garlic, and bell pepper. Sauté, stirring occasionally for 5 minutes or until onions and peppers just start to soften.
2. Add ground beef, chili powder, cumin, smoked paprika, salt, and pepper. Use a large spoon to spatula to break up the meat. Cook, stirring occasionally, until beef is almost cooked through.
3. Transfer beef mixture to a 6-quart slow cooker. Add remaining ingredients. Stir to combine. Place the lid on the slow cooker and cook on low for 8 hours (or high for 4-5 hours).
4. Taste and adjust seasonings as desired. Serve with desired toppings.

Recipe credit: Jess and Stacie, [The Real Food RDs](#)

Photo credit: Jess, [Plays Well with Butter](#)

Nutritionals (serving size: 1/8th of recipe)

Calories: 350

Total Fat: 9 g

Saturated Fat: 3 g

Sodium: 900 mg

Carbohydrates: 38 g

Fiber: 11 g

Sugar: 8 g

Protein: 28 g