

chattavore

SLOW-COOKER CHILI

Prep time: 20 minutes

Cook time: 6-8 hours

Serves 4-6

- 1 tablespoon olive or canola oil
- 1 small yellow onion, chopped
- 1 pound ground beef
- 1 tablespoon chili powder
- 1 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1/2 teaspoon salt
- 14.5 ounce can diced tomatoes with juice
- 14.5 ounce can diced tomatoes with green chilies with juice
- 14.5 ounce can kidney beans, drained and rinsed
- 14.5 ounce can black beans, drained and rinsed
- 14.5 ounce can pinto beans, drained and rinsed
- 2 tablespoons masa harina
- 1/4 cup water

1. Heat the oil in a 10-inch skillet over medium heat. Add the onion and cook until translucent. Add the ground beef and cook until brown. Drain away fat and stir in the spices.
2. Transfer the ground beef and onion mixture into a 4-6 quart slow-cooker. Stir in the tomatoes, beans, masa harina, and salt.
3. Set the slow cooker to low heat. Cook for 6-8 hours. Serve with cornbread, corn chips, or crackers.