

Making chili in the oven

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Beef Chili

Serves 10-12

INGREDIENTS

- 1 ½ lbs (680 g) extra lean ground beef
- 2 tsp. minced garlic
- 1 cup diced celery
- 1 cup diced green pepper
- 1 cup diced red onions
- 1 ½ tsp. chili powder
- 1 ½ tsp. cumin
- 1 ½ tsp. dried oregano
- 1 tsp. coriander
- ¼ tsp. black pepper
- 1 can (19 oz/540 ml) diced tomatoes (do not drain)
- 1 can (19 oz/398 ml) crushed tomatoes
- 1 cup beef broth
- ¼ cup chopped celery leaves
- 2 tbsp. BBQ sauce
- 2 canned, chipotle peppers plus 1 tsp of the sauce from the can, chopped
- 1 can (19 oz/540 ml) chick peas, drained and rinsed
- 1 can (14 oz/398 ml) Heinz baked beans in tomato sauce
- 3 tbsp. chopped fresh cilantro (optional)

METHOD

Cook beef in a large, deep, non-stick skillet or pot over medium-heat until beef is no longer pink.

Stir in garlic, celery, green pepper and red onions. Cook and stir 10 minutes or until vegetables begin to soften.

Stir in chili powder, cumin, oregano, coriander and black pepper. Cook for 1 more minute.

Add undrained tomatoes, crushed tomatoes, beef broth, celery leaves chipotle peppers and barbeque sauce.

Add beans. Transfer to a roasting pan. Bake in a preheated 325 degree F. oven for 1 ½ hours. Stir occasionally.

If the mixture starts to look dry, add a bit more beef broth.

Remove from oven. Stir in cilantro, lime juice and honey. Serve hot.

Chef's note: Optional toppings could include grated cheese, chopped jalapeño peppers, salsa, sour cream. Serve with tortilla chips on the side.

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