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## **Thompsons Homestyle Chili**    *Serves 8*

454 g (1 lb.) Thompsons Red Kidney Beans

4 cups cold water

1 lb. lean ground beef

2 med.onions, chopped

2 stalks celery, chopped

2 cloves garlic, minced

1 green pepper, chopped

1 (540 ml) can tomatoes

1 tbsp. chili powder

2 tsp. cocoa powder

2 tsp. ground cumin

1 tsp. salt

1/4 tsp. chili pepper flakes

1/4 tsp. cinnamon

1 (398 ml) can tomato sauce

**Directions:** Sort and rinse beans. SOAK BEANS OVERNIGHT in cold water. Drain. Add 4 cups cold water, cover, heat to boiling, simmer 50 minutes or until nearly tender. Drain.

Cook ground beef in large skillet until brown, add onions, celery, garlic and green pepper. Cook for 15 minutes or until onion is clear. Stir in tomatoes, breaking up with fork, chili powder, cocoa, cumin, salt, chili flakes and cinnamon. Cook for 5 minutes. Stir in kidney beans and tomato sauce. Cover and simmer for 1 hour.

### *VEGETARIAN ALTERNATIVE:*

Omit ground beef. Add 1 can kernel corn when adding tomato sauce.

*Recipe developed by the Ontario Coloured Bean Growers Association.*

**Note:** *Dry beans are harvested in their natural state and are processed with care. However, please sort, examine and rinse beans prior to cooking.*