

# BLACK BEAN AND CORN CHILI

[www.MyMostRequestedRecipes.com](http://www.MyMostRequestedRecipes.com)

I love beans, so I add a lot of them. You can leave out 2 or 3 cans of beans. You may want to add more heat, so add a tablespoon of Cayenne. I buy cans of beans when they are 'buy one get one free' at the market. Today I happen to have Black Beans, Red Kidney Beans, Cannelloni Beans, Chili Beans, Northern Beans and Mixed Beans, so that's what I'm including. Although the types of beans I use changes, I always include red kidney beans, black beans and yellow corn. It just wouldn't be my chili without them. I typically add 1 can of tomato sauce and 1 can of tomato paste but I don't have tomato sauce in my pantry today so I'm adding a can of diced tomatoes which is not as rich as tomato sauce and 2 cans of tomato paste to make up for the richness.



## Ingredients:

- 3 Tablespoons of oil, to coat the bottom of the pot
- 1 large onion, chopped
- 4 garlic cloves, finely chopped
- 3 lbs chopped beef
- 1 Tablespoon smoked paprika
- 2 Tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon black pepper
- 2 Tablespoons Worcestershire Sauce
- 3 Tablespoons Ketchup
- 3 Tablespoons salt
- 3 Tablespoons brown sugar
- 1 Tablespoon red pepper flakes
- 1 28oz can stewed tomatoes
- 1 14.5oz can diced tomatoes
- 2 6oz cans tomato paste
- 1 16oz can beef stock
- 1 16oz can Black Beans
- 1 16oz can Red Kidney Beans
- 1 16oz can Chili Beans
- 1 16oz can Cannelloni Beans
- 1 16oz can Great Northern Beans
- 1 16oz can Mixed Beans
- 1 15.25oz can Yellow Corn
- Salt and freshly ground pepper to taste

Add enough oil to coat the bottom of a large, heavy pot. Heat oil over medium-high heat and add onions and garlic. Sauté for about 6 – 8 minutes or until the onions are translucent. Add ground beef and cook until brown, breaking up the meat as it cooks. Add the next 9 ingredients and stir to mix thoroughly. Stir in tomatoes, tomato paste and beef stock.

Drain and rinse the beans and corn and add to the Chili. Reduce heat and simmer for 1 hour stirring occasionally. If the mixture looks dry, add water or additional beef stock. Add salt and pepper to taste. This dish can be made ahead and will probably taste better the next day.

Although a bowl of this chili with a few corn chips for crunch is enough to satisfy any taste, below are additional serving suggestions:

- Serve over rice
- Top with cheddar cheese, sour cream and chopped green onions
- Serve over pasta

Chili freezes very well. I always make a huge pot and freeze it in 'dinner for two' portions. When I freeze anything that has liquid, I freeze the contents before replacing the lid. This gives the food room to expand without cracking my container. After the food is frozen and has expanded, I replace the cover.