

Betty's Family Favorite Chili with Beans Recipe



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In this video, Betty makes her one-of-a-kind chili recipe. It is a favorite among friends and family, and it is unique!

Ingredients:

2 pounds lean ground beef (I use 4 % fat ground beef.)
(4) 15 oz. cans pinto beans
10 oz. can refried beans
8 oz. can tomato sauce (I only use 1/2 of the can)
2 medium to large raw onions
3 teaspoons finely-chopped canned (bottled) garlic
6 cups water (total)
4 tablespoons chili powder (I use 1 tablespoon of each of 4 different brands to get a nice blend.)
1 teaspoon cumin
1/4 cup brown sugar

In a *large* pot mix the 4 cans pinto beans, 1 can of refried beans, and 1/2 can tomato sauce. Add two cups water, stir, and put the pot on the stove over low heat. Keep stirring this mixture every few minutes. Meanwhile, in a deep skillet, brown the ground beef until crumbly (to your preferred size). Drain off any excess fat, but if you are using very lean beef, you won't need to do this. Use a small electric kitchen chopper to chop the 2 onions to a nice size. You will need to peel, wash, and quarter them first. Add the 2 chopped onions, 2 teaspoons chopped garlic, 4 tablespoons chili powder and 1 teaspoon cumin to the skillet of ground beef. Cook over low heat for 5 to 10 minutes, stirring occasionally. Now, pour the ground beef mixture into the bean mixture. Add 1/4 cup brown sugar and 2 more cups water to the chili mixture, and cook it over low heat for approximately 4 hours, stirring occasionally. Check the chili after about 2 hours of cooking, and you will probably need to add about 2 more cups of water to maintain the consistency (6 cups of water total). (If you are not able to stay home and babysit this chili, combine it in a crock pot, omit 2 of the cups of water, cover and cook on low for 6 to 8 hours.) Taste the chili after about 2 hours of cooking to see if you want to adjust the flavor. You can add more of any of the ingredients, but in my taste test of this recipe, I left everything exactly as listed. I hope you will give this chili a chance--In my opinion it's worth it!

Note: This recipe makes a lot of chili. If you don't need all of it, you may freeze the leftover amount in a freezer container, and then get it out later, put it in a sauce pan along with some hot water, and cook until hot and bubbly--it's just as good as the first time!