

Halloween Chili

2 lbs. ground beef (90/10)
5 garlic cloves, minced or pressed
2 8-oz. cans tomato sauce
1 cup water
2 tbs. chili powder
1 tsp. ground cumin
1 tsp. ground oregano
1/4 tsp. cayenne pepper
1 tsp. Kosher salt
15-oz. can red kidney beans, rinsed and drained
15-oz. can pinto beans, rinsed and drained
1/4 cup masa harina (corn flour)
Garnishes: shredded cheddar, diced red onion, tortilla chips, lime wedges, sour cream, cilantro

In a large Dutch oven or skillet, cook the beef over medium-high heat until it's browned (about 10 minutes), stirring occasionally. Add the garlic, stir, and sauté 1 minute or until fragrant. Add the tomato sauce, 1 cup of water, and spices (through salt). Stir to combine and reduce heat to low*.

Add the beans, stir to combine, cover, and simmer for 1 hour or until all the flavors are blended. If the chili gets too thick, add 1/2 cup of water.

In a small bowl, whisk the masa harina and 1/2 cup water until combined. Stir masa mixture into the chili, and cook an additional 30 minutes.

*If you want to use a slow cooker, this is the point to stop and transfer the mixture. Carefully pour everything into the slow cooker, add the beans, stir, and cook on low for as long as you need (up to 12 hours). About 30 minutes before serving, add the masa harina + water as above.



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