

Sausage Chili

SERVES: 6-8 servings | PREP TIME: 15 minutes | COOK TIME: 30 minutes | TOTAL TIME: 45 minutes

INGREDIENTS

- 1 lb ground sausage (mild or spicy)
- 1 large onion, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 1 can (28 oz) diced tomatoes
- 1 can (15 oz) tomato sauce
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon black pepper (or to taste)
- 1/2 teaspoon crushed red pepper (optional, for heat)

DIRECTIONS

Step 1: In a large pot or Dutch oven, cook the ground sausage over medium heat until browned, breaking it up with a spoon. Drain any excess grease.

Step 2: Add the diced onion and green bell pepper. Cook for 5-7 minutes, until softened.

Step 3: Stir in the minced garlic and cook for 1 minute, until fragrant.

Step 4: Add the diced tomatoes (with their juice), tomato sauce, kidney beans, black beans, chili powder, cumin, paprika, salt, pepper, and crushed red pepper (if using).

Step 5: Stir well to combine.

Step 6: Bring the chili to a boil, then reduce the heat and simmer for 20-30 minutes, stirring occasionally, to allow the flavors to blend.

Step 7: Taste and adjust seasonings as needed.

Step 8: Serve hot with your favorite toppings, such as shredded cheese, sour cream, green onions, or cornbread. Enjoy!

Contains: *milk*