

Beef Chili for a Crowd

Makes 16 one cup (250 ml) servings

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| cooking spray | 1 | green pepper, cored, seeded, chopped |
| 2 teaspoons (10 ml) good quality olive oil | 1 | yellow pepper, cored, seeded, chopped |
| 1½ pounds (680 g) onions, peeled and finely chopped | 2 | cans [14 ounce (397 g)] diced tomatoes, juices drained, separated |
| 6 cloves garlic, peeled and minced | 2 | cans [3 ounce (85 g)] tomato paste, salt-free |
| 2 teaspoons (10 ml) kosher salt | 3 | tablespoons (45 ml) red wine vinegar |
| ½ teaspoon (2 ml) freshly ground pepper | 3 | cans [15-16 ounce (424 - 454 g)] beans, drained, rinsed and drained again (i.e. black beans, pinto beans and/or red kidney beans) |
| 3 pounds (1.36 kg) lean ground beef | | |
| 2 tablespoons (30 ml) chili powder | | |
| 1½ tablespoons (22 ml) oregano | | |
| 1½ tablespoons (22 ml) cumin | | |
| 1 tablespoon (15 ml) paprika | | |
| 1 red pepper, cored, seeded, chopped | | |

Lightly coat the interior of the ceramic pot of the Cuisinart® Slow Cooker with cooking spray.

Heat a Cuisinart® 12-inch (30 cm) nonstick skillet over medium-high heat and add 1 teaspoon (5 ml) olive oil; sauté onions and garlic until soft. Season with ¼ teaspoon (1 ml) salt and ½ teaspoon (2 ml) pepper. Place in ceramic insert.

In the same skillet, heat another teaspoon (5 ml) of oil; cook ground beef until brown, breaking up clumps with the back of a spoon. Stir in remaining salt and pepper, chili powder, oregano, cumin and paprika; cook over low heat until spices are fragrant. Transfer meat mixture to Slow Cooker. Add sliced red, green, and yellow peppers. Stir in diced tomatoes, tomato paste and red wine vinegar.

Cover and cook on Low setting for 6 hours using Timer function; Slow Cooker will automatically switch to Warm. One hour before serving, turn heat to High. Stir in beans and slow cook until heated through.

Nutritional information per serving:

Calories 267 (20% from fat) • carb. 28g • pro. 26g • fat 6g • sat. fat 2g
• chol. 49mg • sod. 330mg • calc. 90mg • fiber 7g