

# Quick Chili

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Servings: 4



This may not be chili the way your mom made it, or the way your city makes it--people are oddly possessive about chili, tending to insist that it should be made their way or "it isn't chili." But what if you just want a big bowl of chili, maybe to go alongside some juicy sausages you've decided to grill, without a lot of preparation time and fuss? Then this chili is for you: quick, a little spicy (add chili powder if you want more heat), and flavorful.

## Ingredients

2 tablespoons olive oil  
1 clove minced garlic  
1 pound ground beef  
1 can red beans, undrained  
½ cup chopped onion  
½ chopped green bell pepper  
16 ounces tomato sauce  
2 tablespoons chili powder

## Cooking Method

Cook garlic and beef in hot oil until meat loses its red color.

1. Add beans and their liquid, onion, and green pepper.
2. Pour in tomato sauce.
3. Add chili powder (and salt to taste, if desired).
4. Simmer over low heat, stirring occasionally, until desired thickness (about 45 minutes).