

Gaines Family Chili

From Magnolia Table, Volume 1 | Makes 6 to 8 servings

PREP: 5 minutes

COOK: about 45 minutes

COOL: none

INGREDIENTS

1 tablespoon vegetable oil

1 large white onion, finely chopped

2 pounds ground beef (80% lean)

Kosher salt and freshly ground black pepper

Two 10-ounce cans mild diced tomatoes and green chiles, such as Ro*tel, undrained

Two 26-ounce cans Southwestern-style beans, preferably Ranch Style brand, undrained

One 10.25-ounce bag Fritos

2 cups grated sharp Cheddar cheese (about 8 ounces)

Jalapeño Cornbread

Gaines Family Chili

Continued

INSTRUCTIONS

1. In a large soup pot or Dutch oven, heat the oil over medium heat until hot. Add the onion and sauté until translucent and tender, about 8 minutes.
2. Add the beef and a couple of pinches each of salt and pepper and cook, stirring often to break up the meat, until it loses its pink color, 6 to 7 minutes.
3. Stir in the tomatoes and beans with their juice. Bring to a simmer, reduce the heat, and simmer, stirring occasionally, for 30 minutes. Taste and adjust the seasoning.
4. Ladle the chili into bowls. Serve topped with Fritos and grated Cheddar and accompanied by cornbread.
5. Store leftovers in a covered container in the refrigerator for up to 4 days.

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