

*Perfect recipe  
for collective kitchens*

# Beef and Red Bean Chili



**PORTIONS FOR THE BASIC RECIPE: 6**  
**PREPARATION TIME: 10 MIN**  
**COOKING TIME: 35 MIN**

**To calculate the amount needed for each ingredient:**  
Amount of the basic recipe X Number of recipes = Total Amount

Ingredient	Amount	Number of recipes	Total amount
Medium yellow onion, finely chopped	1		
Garlic cloves, finely chopped	3		
Olive oil			
Salt and pepper, to taste			
Cumin	15 ml (1 tbsp.)		
Chili powder	15 ml (1 tbsp.)		
Ground beef	454 g (1 lb)		
Green bell pepper, diced	1		
Diced tomatoes with Italian spices (796 ml can)	1		
Canned red beans, rinsed and drained (540 ml can)	1		
Frozen corn	300 ml (1 ¼ cup)		

## Preparation

- In a big sauce pan over medium heat, brown the onion and garlic in a drizzle of olive oil for about 5 minutes. Add the spices, season with salt and pepper then stir well.
- Add the meat and cook for 5 minutes or until slightly pink. Break in small chunks.
- Add the pepper and cook for 3 minutes. Stir well.
- Add the tomatoes, red beans and corn. Season with salt and pepper and stir well. Simmer for about 15–20 minutes, stirring often, until thickened. Adjust the seasoning, if needed.

Source: [Le Coup de Grâce](#)