

Garden to Fork - Victory Garden Chili

Ingredients:

- ½ cup sweet banana and red-hot chili peppers - chopped
- ½ cup yellow onions - chopped
- 1 TBSP tomato paste
- crushed garlic cloves – to taste
- 1 tsp cumin
- 2 tsp chili powder
- 1 bay leaf
- 1 TBSP grape seed oil
- 1 pound ground beef
- 15 oz kidney beans
- 28 oz San Marzano Tomatoes
- 3-4 TBSP honey - optional



Sauté peppers, onions and garlic in grapeseed oil.

Add tomato paste, spices and ground beef. Cook until beef is browned.

Add kidney beans and crushed San Marzano tomatoes. Rinse cans with ½ cup water and add to mixture. Add bay leaf and simmer until desired thickness is reached.

Garnish with corn and cilantro sautéed in butter and shredded cheese. Makes four servings.



Recipe from the test kitchen of Katherine Paquette

Enjoy!