



Frugal -Beef and Black Bean Chili



Serving: 8



Cook Time: 505 mins



Level: Easy



INGREDIENTS

- 12 ounce ground beef
- 1 large onion, chopped
- 1 green sweet pepper, chopped
- 3 cloves garlic, minced
- 2 15-16 ounce can black beans, rinsed and drained
- 1 28 ounce can diced tomatoes
- $\frac{3}{4}$ cup beef broth
- 2 tablespoon unsweetened cocoa powder
- 2 tablespoon hot chili powder
- 1 tablespoon ground cumin
- 1 tablespoon smoked paprika
- Toasted baguette slices (optional)
- Sliced green onions (optional)

PREPARATION

1. In a large skillet cook ground beef, onion, sweet pepper, and garlic over medium heat until browned. Drain fat. Transfer meat mixture to a 3 $\frac{1}{2}$ to 4-quart slow cooker. Add beans, tomatoes, broth, cocoa powder, chili powder, cumin, and paprika.
2. Cover and cook on low heat setting for 8 to 10 hours or on high heat setting for 4 to 5 hours. Top with baguette slices and green onions, if desired.