

3 Bean Chili

(after "5 Bean Chili" by Sandra Lee, with additions from Emeril Lagasse's "5-Bean Chili")

Ingredients

- 3** Bay Leaves
- 1** Tablespoon Butter
- 1** yellow onion, chopped
- 1** green bell pepper, chopped
- 1** ½ pounds lean ground beef, 7% fat is good
- 1** clove garlic, minced
- 1** (16-ounce) can dark red kidney beans, (Bush's Best)
- 1** (16-ounce) can black beans, (Bush's Best)
- 1** (16-ounce) can pinto beans, (Bush's Best)
- 2** (14 1/2-ounce) cans diced tomatoes with jalapenos (S&W)
- 1** (8-ounce) can tomato sauce
- 2** (1 1/4 ounce) packets chili seasoning mix (McCormick's: one mild, one original)
- 2** cap-fulls Liquid Smoke (Wright's Hickory Seasoning)



Method

Put the bay leaves in a slow cooker.

Peel and slice one yellow onion.

Devane and dice one green bell pepper.

In a skillet over medium-high heat, with the butter:

brown sliced onion, breaking up, then add to slow cooker.

fry diced green bell pepper, then add to slow cooker.

brown ground beef, breaking up clumps... then add to slow cooker.

fry minced garlic, then add to slow cooker

Add remaining ingredients and stir together. Cover and cook on high setting for 4 hours, or low for 7 to 8 hours.

Serving:

Remove the bay leaves.

Ladle into bowls and pair with your favorite chili fixings...

Suggestions: cornbread, sour cream and chives, grated cheese, fresh cilantro, chopped green onions, chips, beer.

Notes

Try draining the canned beans, discarding the liquid and replace the 1 (8-ounce) can tomato sauce with 1 cup low-sodium beef broth, perhaps with tomato paste.

Prep

- Prep: 30 Minutes
- Cook: 8 Hours

Source: [Dean Walker \(8 servings\)](#)
