

- 1 pound ground beef
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 1/2 tablespoons chili powder
- 1 clove garlic, minced
- 1 bay leaf

- 1/2 teaspoon ground cumin
- 4 teaspoons finely chopped jalapeno Chile peppers
- 1 (29 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 1 (16 ounce) can chili beans, undrained
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salt and pepper to taste

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Directions

1. In a large saucepan over medium high heat, combine the ground beef, onion and bell peppers. Sauté for about 5 minutes or until beef is browned. Drain excess fat.
2. Add the chili powder, garlic, bay leaf, cumin, chile peppers, tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans and heat through.