

Beef & Corn Chili

Servings: 4 | Total Time: 1 hr 40 mins

This hearty chili gets its richness from an 80/20 ground beef blend and its sweetness from fresh corn kernels—a cozy, one-pot meal that's even better the next day.



INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 lb ButcherBox 80/20 ground beef
- Salt & freshly ground black pepper
- 1 large sweet onion, chopped
- 4 cloves garlic, minced
- 1½ cups corn kernels
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp red pepper flakes
- 2 tbsp tomato paste
- 2 cups chicken stock
- 1 (28-ounce) can crushed tomatoes
- 2 cans kidney beans, drained and rinsed

INSTRUCTIONS

1. In a large pot or Dutch oven over medium-high heat, add the olive oil and then the ground beef. Brown the meat for 2 to 4 minutes, stirring frequently, until cooked through and lightly browned. Season with salt and pepper.
2. Add the onion, garlic, and corn and cook for 3 to 5 minutes, stirring occasionally, until the onions soften slightly. Season with salt and pepper.
3. Stir in the chili powder, cumin, smoked paprika, and red pepper flakes. Add the tomato paste and cook for about 2 minutes to deepen its flavor. Add the broth and use a wooden spoon to release any browned bits on the bottom of the pot.
4. Stir in the crushed tomatoes and beans and bring to a simmer. Cover and cook over low heat for about 1 hour, until beef is tender and the flavors have melded. Stir occasionally to prevent burning, and add water as needed to maintain a chili consistency.
5. Serve hot in bowls with your favorite toppings like sour cream, pickled red onions, diced avocado, and steamed rice.