Texas Style Black Bean Chili

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Ingredients

1 pound stew beef, cut into one inch pieces - $1.71
4 cups cooked black beans - $1.69
2 garlic cloves, minced - $0.10
1 white onion, chopped - $0.74
1 cup frozen corn - $1.00
1 green bell pepper, chopped - $0.99
1 14.5 oz can diced tomatoes - $0.99
1/2 6 oz can tomato paste - $0.25
2 cups water - free
1 tbsp olive oil - $0.15
3 tbsp chili powder - $0.15
1 tbsp cumin - $0.05
2 tsp cayenne powder - $0.05
1 tsp dried basil - $0.05
1 tsp worcestershire sauce - $0.05
1/2 tsp black pepper - $0.05
1 tsp paprika - $0.05
1 tsp salt - $0.02

Instructions

- In a large stockpot or dutch oven, brown the stew beef over medium-high heat in one tablespoon of olive oil until brown on all sides.
- Add the garlic, worcestershire sauce, chili powder, cumin, paprika, and basil and continue cooking until fragrant.
- Pour in the two cups of water, stirring the bottom of the pot to incorporate all drippings. Bring to a boil and add tomato paste, diced tomatoes, black beans, cayenne, and chopped onion. Bring to a simmer and let cook for a minimum of

two hours.
- Twenty minutes before serving, add chopped pepper and frozen corn. Season with salt and pepper to your preference and serve.

Makes approximately 10 servings.

Total cost: $8.09
Cost per serving: $0.81