



Texas Style Black Bean Chili

NIBBLEDISH CONTRIBUTOR

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