



Best Bean and Beef Chili

Adapted from [Kalyn's Kitchen](#)

BAH Note: I used to be firmly anti-chili. But I took a chance and learned that the right chili will not let me down. This is a chili I learned to love. The beef. The beans. The way a dollop of sour cream sublimely tempers the heat of the spice.

Be patient if this takes longer than you think it should to get the beans and tomatoes smoothish in the food processor. And trust me when I say that as gross as it looks in your food processor, it will do wonderful things after it cooks....I will not let you down on this.

- 1 can pinto beans, rinsed and drained
- 1 can black beans, rinsed and drained
- 1 can (14.5 oz) diced tomatoes
- 1 tablespoon olive oil
- 1 pound lean ground beef
- 1 onion, chopped
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 sticks cinnamon
- 1 can beef broth
- 2 tablespoons tomato paste
- agave nectar, approximately 2 tablespoons

Puree half of the beans with the diced tomatoes in a food processor until the mixture is fairly smooth.

In a large pot, heat the olive oil. Add the chopped onion and cook over a medium flame until the onion is softened and translucent. Add the ground beef to the pot and cook until it is no longer pink, breaking it up with a spoon. Add the chili powder, cumin, and tomato paste and cook, stirring occasionally for about five minutes.

Add the broth, pureed mixture, rest of the beans, cinnamon sticks, and agave nectar (if using) to the pot and simmer, partially covered anywhere from 30 minutes to one hour. Taste for seasoning and add kosher salt and additional chili powder and cumin to taste.

Fancy it up with some sour cream and shredded cheese. Or enjoy it as is.