Crock Pot Black Bean Chili

Description

If you like the convenience of slow cooking, here is an easy way to prepare crock pot black bean chili.

Summary

Yield: 6
Prep Time: 8 hours
Category: Soups
Cuisine: American

Ingredients

- 1 lb stew beef, cubed
- 1/2 cup green bell peppers, chopped
- 1/2 cup geen chilies, diced
- 3 tbsp tomato paste
- 2 beef bouillon cubes
- 1 tsp ground cumin
- 1/2 tsp kosher salt
- 2 cans black beans (16 oz), drained and rinsed
- 1 1/2 cups water
- 1/2 tsp ground black pepper
- 2 tbsps olive oil
- 1 cup medium brown onion, chopped
- 1/4 tsp crushed red pepper flakes
- 1 tbsp chili powder
- 1 cup cheddar cheese, grated

Instructions

Heat the olive oil in a skillet and brown the stew beef with the onions and green bell pepper. Combine all the ingredients (except the grated cheese) in the crock pot and cook on low for 8 hours.

Sprinkle with grated cheddar cheese to serve, and a dollop of sour cream if preferred.