

Best-Ever Beef Chili

by [LAUREN MIYASHIRO](#)

DEC 24, 2020

YIELDS: 6

PREP TIME: 0HOURS 10MINS

TOTAL TIME: 0HOURS 40MINS

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1/2 large white onion, chopped
- 3 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 1/2 lb. ground beef
- 1 1/2 tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1/2 tsp. paprika
- 1/4 tsp. cayenne pepper (optional)
- Kosher salt
- Freshly ground black pepper
- 1 (15-oz) can kidney beans, drained
- 1 (28-oz) can crushed tomatoes

TOPPINGS

- Shredded cheddar
- Sour cream
- Thinly sliced green onions



**ARTICLES
LEFT**

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- 1** In a large pot over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more, then add tomato paste, stirring to combine. Add ground beef and cook until no longer pink. Drain fat and return to heat.
- 2** Add chili powder, cumin, oregano, paprika, cayenne (if using), and season generously with salt and pepper. Pour in kidney beans and crushed tomatoes and bring chili to a boil. Reduce heat and simmer 20 minutes. Season with more salt and pepper, if necessary.
- 3** Ladle into bowls and top with cheddar, sour cream, and green onions.

Chili gets thicker as it cooks. If you prefer thick chili, let this one simmer for at least 1 hour.

[LAUREN MIYASHIRO](#) Food Director

Lauren Miyashiro is the Food Director for Delish.com.

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This chili is AH-MAZING!!! I will definitely be making it again. I did pinto beans and garbanzo beans (I am a huge believer that all beans belong in chili, lol) instead of the kidney beans (although I would have used them if I had of had them when I made this), but other than that I did it by the recipe and loved every bite! 10/10.



Reply 5

GreenLeaf

4 April, 2020



Followed your recipe exactly as written. The results are great! The people who complain are the ones who don't follow the rules [recipe] and couldn't have the harmonious outcome that I had. Maybe they will concentrate next time and learn how to appreciate your Chili!

Reply 5

Jenn21

27 December, 2019



So I'm not a huge chili person - to be frank I've never cooked it before. So this was a first for me and my boyfriend. And the end result - WE LOVED IT. We did tweak it a little because we both personally hate beans and consulted the reviews below to drain the meat before adding the tomato paste but it's a hit. I've never in my life made such a great tasty and heart meal before. None of the delish recipes are ever bad! thanks for sharing this and for first timers - we are going back tonight to make a second batch!! :)

Reply 4

GoldPretzel

11 January 2020

Reply  3 

BlueBottle 

12 June, 2020

Very nice recipe! My beef was 90%so I had very little fat. Actually none. I found that putting the tomatoes paste in before the beef enhanced the flavor of the dish. The tomatoe paste carmelixed and brought out the natural sugars. The carmelized tomatoe paste further enhanced the beef.

Reply  3  1

RedCar 

30 March, 2020

Hello 🇨🇦 I thought I'd try this for a change. . . I adapted it to my old recipe. Yes, adding the tomato paste was unusual when browning! I added one red & one green pepper also-/lots of fresh garlic too. If you find it dry& want to simmer it as I do— just add 1/2 to one cup of beef broth, I used a boullion cube dissolved in hot water, works perfectly and adds flavour. Just taste tasted and it's delicious! I also doubled it to freeze during these "trying" times.

Reply  3  1

RedQuill 

9 February, 2020



I just tried it. I think it is wonderful. I was really light on the salt when I added it. Not too spicy. It gives you more room for the others eating it to add more of salt pepper or chili powder to taste. I want to add green bell pepper next time I make it. And there will be a next time. Maybe I will double it so some came go in the freezer. Chili & spaghetti always freezes great *(Edited)*

Reply  2  1

GoldCoffee 

7 January, 2020

I warmed the oil add little butter the onion and garlic sweat them add beef and spices two cans of paste half the tomato and some bbq sauce with salfiritto From Goya it was good next time

Reply  1 

GoldCoffee 

Reply  1  1

EDNA > GoldCoffee 

1 March, 2020

What kind of Italian season? I love that idea!

Reply  4  5

OrangeCactus 

12 May, 2020

I loved it, all the ingredients where perfect, I added things as I saw fit, not necessarily by the directions. The outcome was perfect, thanks !

Reply   1

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