

Slow Cooker Chili

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Slow Cooker Chili is easy to make and full of flavor. This is the perfect crockpot meal for family dinners or for feeding a crowd!

Prep Time	Cook Time	Total Time
20 mins	6 hrs	6 hrs 20 mins

Servings: 6 servings Calories: 346kcal

Author: [Kristine Rosenblatt](#)

Ingredients

- 1 tablespoon olive oil
- 1 large yellow onion chopped
- 1 pound lean ground beef or ground turkey
- 4 cloves garlic minced
- 2 bell peppers red, yellow or orange, chopped
- 2 tablespoons chili powder see note
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 2 teaspoons paprika
- 1 teaspoon brown sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- 6 ounce can tomato paste
- 1 cup low sodium beef broth or chicken broth
- 28 ounce can fire roasted diced tomatoes
- 15 ounce can kidney beans rinsed and drained
- 15 ounce can black beans rinsed and drained

Instructions

1. Heat the olive oil in a large skillet on the stove over medium-high heat. Add the onion to the pan and cook until softened, about 2 minutes.
2. Add the ground beef in the pan and cook until browned, crumbling with a spoon or spatula.
3. Add the garlic to the pan and cook, stirring, for 30 seconds. Remove the pan from the heat. Transfer the contents of the skillet to the slow cooker.
4. Add the bell pepper, chili powder, cumin, oregano, paprika, brown sugar, salt, black pepper, tomato paste, broth and diced tomatoes to the slow cooker. Stir.
5. Gently stir in the kidney beans and black beans.



4.88 from 8 ratings

6. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.

7. Serve chili with toppings as desired.

Notes

- If you can't find fire roasted diced tomatoes, regular diced tomatoes will also work. You can also substitute crushed tomatoes for the diced tomatoes.
- I make this recipe using mild chili powder, and the chili is mildly spicy. If your chili powder is hot, you may want to reduce the amount.

Nutrition

Serving: 1.5cups | Calories: 346kcal | Carbohydrates: 43g | Protein: 29g | Fat: 8g | Saturated Fat: 2g | Cholesterol: 47mg | Sodium: 1441mg | Potassium: 1255mg | Fiber: 14g | Sugar: 12g | Vitamin A: 3349IU | Vitamin C: 64mg | Calcium: 146mg | Iron: 7mg

Nutrition information is only an estimate.



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