

Choco Fever Dream

Crockpot Chili with Ground Beef and Beans

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 2 (15-oz) cans kidney beans, rinsed
- [ ] 1 (28-oz) can crushed tomatoes
- [ ] 1 cup tomato sauce
- [ ] 1 cup beef broth
- [ ] 2 tbsp chili powder
- [ ] 1 tsp cumin
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1 tbsp honey
- [ ] 1 tbsp lime juice
- [ ] Salt and pepper to taste

Optional Toppings

- [ ] Shredded cheddar cheese
- [ ] Sour cream
- [ ] Fresh cilantro, chopped
- [ ] Diced avocado
- [ ] Crushed tortilla chips

Instructions

1. Brown the ground beef in a skillet over medium heat, breaking it up with a spoon; season with a pinch of salt and pepper, then drain excess fat.
2. Transfer the browned beef to the crockpot. Add the rinsed beans, crushed tomatoes, tomato sauce, and beef broth.
3. Stir in chili powder, cumin, smoked paprika, garlic powder, onion powder, and honey. Mix well to combine.
4. Cover and cook on low for 6 hours, or on high for 3-4 hours, until the flavors have melded and the beans are tender.
5. Just before serving, stir in lime juice and adjust seasoning with salt or more honey if needed.
6. Serve hot, topped with your favorite optional toppings.

Nutrition per serving

320 kcal	22 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker chili, mash a few beans against the side of the pot before stirring.
- For a smoky twist, add a dash of liquid smoke or chipotle powder.
- Leftovers taste even better the next day as the flavors continue to develop.