**Beef and Bean Chili**

**Ingredients**

1 Tbsp. vegetable oil

1 onion, chopped

3 garlic cloves, minced

Coarse salt and ground pepper

1/4 cup tomato paste

2 Tbsp. chili powder

1 Tbsp. chopped canned chipotle chiles in adobo sauce

1/4 tsp. ground cinnamon

1 pound ground beef

2 1/2 cups diced tomatoes in juice

1 cup beef stock

1 1/2 cups kidney beans, rinsed and drained

Shredded cheddar cheese (optional)

Sour Cream (optional)

**Directions**

In a Dutch oven or large (5-quart) heavy pot, heat oil over medium-high. Add onions and garlic. Season with salt and pepper, and cook, stirring occasionally, until softened, 3 to 5 minutes.

Add tomato paste, chili powder, chipotles, and cinnamon. Cook, stirring, until mixture has begun to brown, 2 to 3 minutes. Add beef, and cook, breaking it up with a spoon until no longer pink, about 5 minutes.

Add tomatoes with their juice, beef stock, and beans. Bring to a boil, and reduce to a rapid simmer. Cook over medium heat until chili has thickened slightly and beans are tender, about 5 minutes. Serve, sprinkle with cheese, and top with sour cream, if desired.