



Spicy Beef Chili with Steel Cut Oats

 **SERVINGS** not found or type unknown

10

 **COOKING TIME** not found or type unknown

45 min

Kick up the heat with a zesty twist on classic beef chili, infusing tender chunks of beef with the hearty texture of steel-cut oats for a satisfying and spicy comfort meal.

Ingredients

- 1 cup, cooked (1/2 cup dry) [Quaker® Steel Cut Oats - Traditional](#)
- 1/2 lb ground beef (97/3)
- 2 oz (separated) oil, vegetable
- 1 cup red onions, medium diced
- 2 tbsp tomato paste
- 1/2 cup red peppers; small dice
- 1 pepper canned chipotle peppers
- 1 cup red kidney beans
- 1 1/2 qt vegetable stock, reduced sodium
- 1/2 cup fresh tomatoes

Spice Mixture

- 1 tsp cumin
- 1/2 tbsp smoked paprika
- 2 tbsp garlic powder
- 1 tsp cinnamon
- 2 tbsp chili powder
- 1/2 tbsp chipotle powder
- 1/4 tsp salt
- 1/2 tsp black pepper

Toppings

- 1 tsp chives
- 1 tbsp sour cream / unsweetened, plain, low-fat yogurt
- 1 tbsp small diced white onions

Cooking Instructions

1. Heat a 3 qt pot over medium-high heat, add oil and ground beef and cook until crumbly and brown. Then remove from pot and set aside. (5 minutes)
2. Reduce heat to medium-low, add onions, and sweat for 3-4 minutes.
3. Add your spices and cook with onions for 1 minute, stirring frequently. Add your preferred spice mixture or use our simple recipe below.
4. Add tomato paste and cook down for 2-3 minutes, stirring frequently.
5. Add the rinsed oats to the onion and tomato mixture and bring them together, allowing the oats to be coated in the flavorful mixture.
6. At this point, add the red peppers, chipotle pepper (add less to reduce spice level), and beans.
7. Stir well, add the liquid, and heat up to a boil on high.
8. Allow the mixture to boil, then lower it to a simmer and reduce it for 30-45 min.
9. Taste chili and adjust the salt and spice amount or reduce if you want to concentrate flavors further.
10. Serve and enjoy.

Preparation:

11. Pour chili into your favorite bowl.
12. Spoon 1 tbsp or preferred amount of sour cream or plain low-fat, unsweetened yogurt.
13. Sprinkle white onions and chive.
14. Enjoy.