**The amazing umami beef chili**

**Yield: 4**

**Ingredients**



½ pound ground beef

¼ large onion, chopped

¼ medium green pepper, chopped

½ celery ribs, chopped

120 mL of kidney beans

120 mL of red beans

215 mL ounce of tomato puree

120 mL of salsa

105 mL ounces of diced tomatoes, undrained

75 mL ounces of condensed beef broth, undiluted

90 ml of water

12.5 mL chili powder

7.5 mL Worcestershire sauce

3.75 mL dried basil

2.5 mL ground cumin

5 mL honey

1.25 mL garlic powder

1.25 mL salt

1.25 mL ground pepper

**Procedure:**

1. In a stockpot, cook the beef, onion, green pepper and celery over medium heat until the meat is no longer pink and the vegetables are tender; drain
2. Stir in the beans, tomato puree, salsa, tomatoes, broth, water, seasoning and bring to boil.
3. Reduce the heat; simmer, uncovered for 30-40 minutes until the chili reaches the desired thickness.
4. Serve with sour cream.