

Our State eats

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Margie Pfohl's Chili

Yield: 6 to 8 servings.

- 1 pound ground beef
- 1 medium onion, diced
- 1 green bell pepper, cored and diced
- 2 cloves garlic, minced
- 3 tablespoons chili powder
- 2½ tablespoons ground cumin
- 1 tablespoon celery salt
- 2 bay leaves
- 2 (15-ounce) cans kidney beans, drained and rinsed
- 1 (15-ounce) can tomato sauce
- 2 cups original V8 juice
- Salt and pepper to taste
- 1 cup shredded sharp cheddar (for serving)
- ¼ cup sour cream (for serving)
- Green onions, sliced (for serving)

In a Dutch oven over medium-high heat, brown ground beef with onion, bell pepper, and garlic. Drain fat from beef mixture and discard. Stir chili powder, cumin, and celery salt into cooked beef mixture and simmer for 1 to 2 minutes. Add bay leaves, kidney beans, tomato sauce, V8, and salt and pepper to taste. Simmer for at least 30 minutes and up to an hour. Remove the bay leaves. Serve with shredded cheese, sour cream, and green onions.



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