

# Hearty Beef and Hominy Chili

- 1 lb ground lean beef (7% or less)
- 1 small onion, chopped
- 1 small green bell pepper, chopped
- 1 jalapeno pepper, seeded and minced (optional)
- 2 garlic cloves, minced
- 1 (14½ ounce) can of diced tomatoes
- ¼ cup tomato paste
- 1 T chili powder
- 1 t ground cumin
- 1 t dried oregano
- ¼ t salt
- 1 (15 ounce) can hominy, rinsed and drained

## Garnishes (optional)

- 2 T chopped fresh cilantro
- 2 scallions, thinly sliced
- 3 radishes, finely chopped
- 1 avocado, diced

Combine beef, onion, bell pepper, jalapeno, and garlic in a dutch oven and set over medium heat. Cook beef, breaking it up with a wooden spoon until browned, about 10 minutes. Stir in tomatoes, tomato paste, chili powder, cumin, oregano, and salt; bring to boil. Reduce heat and simmer, partially covered, until chili thickens slightly, about 30 minutes. Stir in hominy and cook until heated through, about 3 minutes. Serve with optional garnishes.