

- Prep Time: 15 Minutes
 - Cook Time: 45 Minutes
 - Total Time: 1 Hour
 - Servings: 6-8
 - Intensity: Easy
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Ingredients

For the Chili:

- 1 tbsp olive oil
- 1 large yellow onion, diced

- 1 lb ground beef (80/20 blend recommended)
- 2 cloves garlic, minced
- 1 (10 oz) can red enchilada sauce
- 1 (15 oz) can diced tomatoes, undrained
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 cup frozen corn kernels
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper

For the Cheesy Enchilada Sauce:

- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 ½ cups whole milk
- 2 cups shredded cheddar cheese
- ½ cup shredded Monterey Jack cheese

For Garnish (Optional):

- Crushed tortilla chips
 - Sour cream
 - Fresh cilantro, chopped
 - Diced red onion
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Instructions

Part 1: Building the Chili Base

1. **Sauté the Aromatics (Intensity: Medium):** Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add the diced onion and cook for 5-7 minutes, until softened and translucent.
2. **Brown the Beef (Intensity: Medium-High):** Add the ground beef to the pot. Break it up with a wooden spoon and cook until it's fully browned, about 6-8 minutes. Drain off any excess grease if necessary.
3. **Add Garlic & Spices (Intensity: Medium):** Add the minced garlic, chili powder, cumin, smoked paprika, salt, and pepper. Stir constantly for 1 minute until the spices are fragrant and coat the beef.
4. **Simmer the Chili (Intensity: Low):** Pour in the enchilada sauce, diced tomatoes (with their juices), black beans, pinto beans, and corn. Stir everything together to combine. Bring the mixture to a gentle simmer, then reduce the heat to low. Cover and let it cook for 20-25 minutes, stirring occasionally, to allow the flavors to meld.

Part 2: Creating the Cheesy Enchilada Sauce

5. **Make the Roux (Intensity: Medium):** While the chili simmers, prepare the cheese sauce. In a separate medium saucepan, melt the butter over medium heat. Whisk in the flour and cook for 1-2 minutes, until it forms a smooth, bubbly paste (a roux).
6. **Whisk in Milk (Intensity: Medium):** Gradually pour in the milk while whisking constantly

to prevent lumps. Continue to whisk and cook for 3-5 minutes, until the sauce has thickened enough to coat the back of a spoon.

7. **Melt the Cheese (Intensity: Low):** Remove the saucepan from the heat. Stir in the shredded cheddar and Monterey Jack cheeses in handfuls, stirring until each addition is fully melted and the sauce is smooth and creamy. Do not boil the sauce after adding the cheese, or it may become grainy.

Part 3: Bringing it Together

8. **Combine and Serve (Intensity: Low):** Pour the cheesy enchilada sauce into the pot with the simmering chili. Stir until it is completely incorporated and the chili is creamy and hot. Taste and adjust seasoning if needed.
9. **Garnish and Enjoy:** Ladle the chili into bowls. Top with crushed tortilla chips, a dollop of sour cream, fresh cilantro, and diced red onion for a burst of freshness and crunch.

Nutrition Information

Serving Size: 1/6 of the recipe

Note: Nutritional values are estimates and will vary based on specific ingredients used.

- Calories: 585

- Total Fat: 35g

- Saturated Fat: 18g
- Cholesterol: 110mg
- Sodium: 1050mg
- Total Carbohydrates: 34g
- Dietary Fiber: 8g
- Total Sugars: 8g
- Protein: 32g