***Chili with Rice***

1 pound ground beef

1 onion

1 red bell pepper

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15.5-ounces (1 small can) black beans, drained and rinsed

15.5-ounces (1 small can) dark red kidney beans, drained and rinsed

1 fresh [poblano chile](https://www.google.com/search?hl=en&site=imghp&tbm=isch&source=hp&biw=1600&bih=721&q=poblano+chili&oq=poblaNO+CHIL&gs_l=img.1.0.0l8.1133.4388.0.7426.12.11.0.1.1.0.190.1236.2j8.10.0....0...1ac.1.64.img..1.11.1240.lFI9ffbp2cw), chopped, seeds removed, OR a 4-ounce can of mild diced green chiles

29 ounces plain petite-diced tomatoes

¾ cup water

2 large cloves fresh garlic, peeled and diced, OR ¾ teaspoon garlic powder

½ teaspoon ground black pepper

1 teaspoon ground cumin

1 teaspoon paprika

¾ teaspoon salt

1 tablespoon molasses

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½ cup dry (uncooked) rice.  [Mighty Rice](http://www.target.com/p/mighty-rice-long-grain-brown-rice-15-oz/-/A-50538919) (an arsenic-free white rice) recommended.

1. Chop onion and bell pepper and add to a large pot.
2. Thoroughly brown the hamburger, with onion and bell pepper.
3. Drain.
4. Add all remaining ingredients except the rice, bring to a boil, cover and simmer for 45 minutes, stirring often.  This should be a thick chili; add a little more water only if needed to prevent burning.
5. Rinse rice thoroughly, then cook according to package directions.
6. When the hamburger mixture has finished cooking, stir in the cooked rice
7. Optional:  serve over rice instead of mixing it in.
8. Optional:  serve with hot sauce and/or guacamole.

Serves 4