

CHILI

INGREDIENTS:

❖ Kidney Beans	1 lb.
❖ Pinto Beans	1 lb.
❖ Water	2 1/2 qt
❖ Ground Beef*	6 lb.
❖ Onions (chopped)	1/2 lb.
❖ Garlic powder	1/2 tsp
❖ Tomatoes, canned	1 1/2 lb.
❖ Chili powder	5 TBSP
❖ Paprika, ground	2 TBSP
❖ Salt	4 TBSP
❖ Pepper*, black ground	1/4 tsp

METHOD:

1. Wash beans then add to water bring to hard boil
2. Cover beans and remove from heat, let set until all beans are no longer floating
3. Bring to simmer ~ simmer about 1 1/2 hours until beans are tender. DO NOT DRAIN LIQUID FROM BEANS.
4. Brown beef in its own fat add onions and green peppers
5. Sauté until onions are soft and tender. Drain excess fat.
6. Add meat to beans.
7. Crush tomatoes (chop in blender for less mess but I prefer to use my hands as I get a “chunkier” result).
8. Add tomatoes and seasonings to mixture and simmer 1 hour.

NOTE

For a zestier and fuller taste try using 3 lb. ground beef and 3 lb. ground pork also easier to digest.

For a bolder chewier taste use diced meat instead of ground meat

For a hotter chili add 1/4 tsp cayenne pepper

Top with Sour Cream and grated cheese

Yield: 25 one cup servings

