



## CHILI

**Number of servings:** 6

**Ingredients:**

- 1 large round onion
- 1-2 cups kidney and/OR pinto beans
- ½ pound lean ground beef
- 1 (8-ounce) can tomato sauce
- 1 (14 ½-ounce) can stewed tomatoes
- 1 cup water
- 1 teaspoon chili powder
- salt to taste

**Directions:**

1. CHOP onion. SET aside.
2. RINSE and DRAIN beans. SET aside.
3. In a large pot, FRY ground beef. DRAIN off fat. ADD onions.
4. MIX well and COOK until tender.
5. STIR in tomato sauce, stewed tomatoes, water, chili powder and salt into meat.
6. ADD beans to mixture. MIX well.
7. SIMMER for 10-20 minutes STIRRING occasionally.

**Variations:**

Use corn, pepper, bell pepper, and chili peppers. Pork and beans or dry beans may be used. Cook according to directions.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



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