

CHILI

1 pound ground chuck beef (80% lean)
3/4 cup chopped yellow onion
16 ounces red beans
24 ounces tomato sauce
1 cup water (or more depending on how thick you want)
Chili power to desired taste

Cook beef and onion in large saucepan over medium-high heat 5 minutes or until beef is crumbled and no longer pink, stirring occasionally; rinse and drain.

Add remaining ingredients.

Heat to boil. Reduce heat to medium; simmer 10 minutes, stirring several times.

Or cook slowly for several hours in cook pot.

Cook's Tips:

If you omit beans with sauce then you may need to add more water.

1 can (14.5 oz each) diced tomatoes, undrained may be used to replace 8 ounces of tomato sauce.

Chili may be topped with shredded cheese, sour cream or sliced green onions.

Chili also may be made with ground turkey in place of the ground beef.

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