

# Chili

## Ingredients

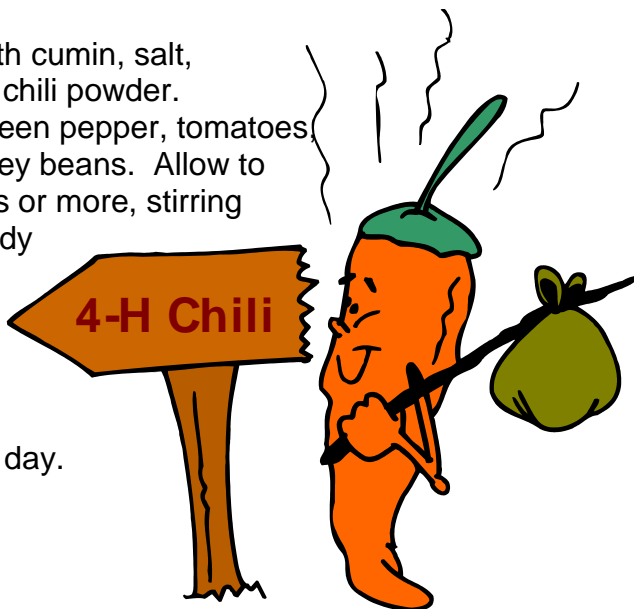
1 Tablespoon vegetable oil  
1 small onion, chopped  
1 garlic clove, minced  
1 lb. ground beef  
1 teaspoon cumin  
1 teaspoon salt  
¼ teaspoon cayenne pepper  
2 – 5 Tbsp. chili powder \*  
1 green pepper, chopped  
15+ oz. can diced tomatoes  
15 oz. can pinto beans  
15 oz. can kidney beans

\* depending on how spicy you like your chili

## Directions

1. Heat oil in large skillet. Sauté onion and garlic. Set aside in small bowl.
2. Sauté ground beef with cumin, salt, cayenne pepper, and chili powder.
3. Add onion mixture, green pepper, tomatoes, pinto beans, and kidney beans. Allow to simmer for 20 minutes or more, stirring occasionally, until ready to serve.

\*\* After step 2, everything can be placed in a slow cooker (crock pot) and left on all day.



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