

## Chili – serves ~8



### Ingredients:

- 1lb Ground meat
- 1 large Onion diced
- 1 Bell pepper chopped
- 2 cloves Garlic minced
- 1 tbsp. Cumin
- 2 tbsp. Chili powder
- 1 tsp. Black ground pepper
- 1 tsp. Worcestershire sauce
- 15-19oz. can Red kidney beans
- 12oz. can Corn
- 15-19oz. can Diced tomatoes (don't drain!)
- 2 cups Tomato sauce

### Directions:

1. Cook ground meat until no longer pink.
2. Stir in onion and bell pepper until onions are slightly translucent.
3. Add the garlic and spices and continue to cook for another 3-5 min.
4. Stir in beans, corn, diced tomatoes, and tomato sauce, and bring to a boil, then reduce heat to low and simmer for 30 min to 2 hours. The longer you let it simmer the better the flavour will be. Thicker chili's will result if you simmer with no cover but if you want a thinner chili place a cover while it simmers (I simmered with a lid).
5. Leftovers can easily be stored in the freezer if you made a big batch!
6. Enjoy! 😊