

Recipe

30 MINUTE CHILI

INGREDIENTS

- 1 LB GROUND BEEF (HAMBURGER)
- 1 CAN (15 OZ) KIDNEY BEANS (DO NOT DRAIN FOR THICKER CHILI)
- 1 CAN (10.75 OZ) TOMATO SOUP
- 1 CAN TOMATO PASTE
- 1 CAN (14.5 OZ) DICED TOMATOES (OPTIONAL, FOR CHUNKINESS)
- 2 TBSP CHILI POWDER (ADJUST TO TASTE)
- SALT & PEPPER TO TASTE
- OPTIONAL: 1 TSP GARLIC POWDER, OR 1/2 CUP WATER TO ADJUST THICKNESS

INSTRUCTIONS

- BROWN THE MEAT: IN A LARGE POT OR SKILLET, BROWN THE GROUND BEEF OVER MEDIUM-HIGH HEAT UNTIL NO LONGER PINK. DRAIN EXCESS GREASE IF DESIRED.
- COMBINE INGREDIENTS: ADD THE TOMATO SOUP, TOMATO PASTE, UNDRAINED KIDNEY BEANS, AND DICED TOMATOES (IF USING) TO THE POT.
- SEASON AND SIMMER: STIR IN THE CHILI POWDER, GARLIC POWDER, SALT, AND PEPPER.
- COOK: BRING TO A LOW BOIL, THEN REDUCE HEAT TO LOW AND LET IT SIMMER FOR AT LEAST 10-20 MINUTES TO ALLOW THE FLAVORS TO BLEND.
- SERVE: SERVE HOT WITH OPTIONAL TOPPINGS LIKE SHREDDED CHEDDAR CHEESE OR SOUR CREAM.

