

Hearty Chili



Our friend made this for us once; we loved it so much, we asked for the recipe!

Ingredients:

½ lb ground beef or turkey (or meatless crumbles if vegetarian. Add at end if using these.)

1 T avocado oil or oil of choice

1 onion, chopped

1 green pepper, chopped

1 can red kidney beans, drained and rinsed

1 can chili beans, undrained

1 large can (28oz) diced tomatoes

1 large can (28oz) tomato sauce

1 T chili powder

1/2T "Hot Mexican-Style" chili powder

(McCormick brand)

Directions:

In large saucepan or Dutch oven, saute onion and green pepper in oil until lightly browned.

Add in ground meat and cook until browned.

Add all remaining ingredients and bring to a light boil, then reduce heat and simmer, covered, for 20-30 mins.

This tastes even better the next day.

Enjoy!