



# Chili

Serves 4-6

1 lb ground beef, browned & drained

2 16 oz cans of red beans (with or without seasoned sauce)

1 large can of tomato juice or V 8

1/2 medium onion, chopped and cooked with the ground beef  
salt to taste

1-2 Tablespoons of chili powder, depending on taste

In stock pot or large pan, mix all ingredients, simmer uncovered on low for 30 minutes, stir occasionally.

Variations: chili is one of those things that you can add anything to and it'll be good. There are a lot of special seasonings and "secret" recipes.

- use ground turkey instead of ground beef for less fat
- add 1 cup shredded carrot; it will add vitamins and sweeten the chili
- add 2 cups cooked elbow macaroni (Sheboygan style)
- thicken the stock with 1/4 cup corn meal, add slowly and stir carefully
- use green peppers for a zingy change

Serve with oyster crackers and shredded cheddar cheese on top

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