

Chili

- 1 teaspoon oil
- 1 pound ground beef or turkey
- 1 small onion, chopped
- ½ green pepper, chopped
- 2 stalks celery, chopped
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
 - OR** 1-2 cloves garlic, minced
- ½ teaspoon black pepper
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 2- 15 ounce cans tomato sauce
 - OR** 6-8 fresh or frozen tomatoes,
Peeled, cut-up and drained
- 1-15½ ounce can kidney beans, drained



1. Put oil in large saucepan. Add ground meat, onion, green pepper and celery. Fry until meat is brown. Drain fat.
2. Put meat-vegetable mixture back into the pan. Add seasonings, tomatoes and kidney beans. Stir.
3. Bring Chili to boil, then simmer for at least 10 minutes. If you use whole tomatoes, simmer at least 30 minutes.