



Recipix

Your food coach



Chili

Tailored for Ivan

INGREDIENTS

- 10 pounds lean ground beef
- * 1/4 cup minced onion
- * 1/4 cup chili powder
- * 3 teaspoons paprika
- * 1 1/4 teaspoons ground cumin
- * 1 teaspoon granulated garlic
- * 1 teaspoon black pepper
- * 1 teaspoon red pepper
- * Salt
- * Two 15-ounce cans red beans
- * Two 15-ounce cans tomato sauce

INSTRUCTIONS

Pour 1 gallon water into a large pot. Add the meat and stir with a spoon to break it up and combine with the water. Put the pot over low heat and cook for 5 hours. Remove the excess water and grease during the cooking process. At the end of the cooking time, add the onion, chili powder, paprika, cumin, garlic, black pepper, red pepper and salt to taste. Add the beans and tomato sauce to a large serving bowl and stir in the cooked chili.

OTHER RECIPES:

Other Recipes:

Recipe 2: Chili Sauce

Recipe 3: Doe's Chili

Recipe based on the ingredients:

chili, onions, peppers, potatoes, rice