

Chili

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Categories

Mains

Ingredients

- 1lb Ground Beef
- 1 cup Chopped Onion
- 1/2 cup Chopped Celery (optional)
- 14oz (398ml) can Stewed Tomatoes
- 14oz (398ml) can Kidney Beans
- 10oz (284ml) can Tomato Soup
- 2 tsp Chili Powder
- 1/2 tsp Salt
- 1/4 tsp Garlic Powder
- 1/8 tsp Pepper
- 1/8 tsp Oregano

Method

Cook beef, onion and celery together in frying pan until beef is cooked through and onion is soft.

Add beef mixture to 3L casserole dish along with remaining ingredients. Add additional seasoning to taste. Stir.

Cover and cook on high (100%) until it starts to boil (about 9 minutes).

Uncover and cook on medium (50%) for about 15 minutes to blend flavours and thicken slightly.

Recipe Source: Jean Pare - Microwave Cookbook