

# Chili

## Ingredients:

$\frac{3}{4}$ tsp olive oil	1 Tb. Chili powder
$\frac{1}{2}$ lb ground beef or turkey	$\frac{1}{4}$ tsp. paprika
$\frac{1}{2}$ onion, chopped	$\frac{1}{4}$ tsp. oregano
1 cup water	$\frac{1}{4}$ tsp. cayenne pepper
one 14 oz. can crushed tomatoes	$\frac{1}{4}$ tsp. ground cumin
One 14 oz. can kidney beans	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ tsp garlic, minced	$\frac{1}{4}$ tsp. black pepper

## Directions:

1. Heat the oil in a large saucepan over medium heat. Place the ground meat in the pan and cook until evenly brown. Stir in the onion and cook until tender.
2. Pour water into the pot. Drain the liquid from the kidney beans and rinse using a strainer. Add the rinsed beans, tomatoes, and garlic to the pan and stir. Add the seasonings to the chili and bring to a boil. Reduce heat to low. Cover and simmer for 30 minutes.
3. Chili may be garnished with grated cheese and chopped onion.