



# Chili

2 pounds of lean ground chuck (or ground beef or ground chicken)  
1 small onion chopped  
2 cloves of garlic, minced  
30 oz. tomato sauce (or diced tomatoes)  
2-16 oz. cans red kidney beans  
3-4 Tbs chili powder  
1 tsp salt  
1 tsp pepper  
2 tsp cayenne pepper (optional)  
1 tsp ground cumin (optional)

Brown the beef, drain, add tomato sauce, beans and spices. Cook on medium high for at least 1 hour, or simmer for several hours. It's even better the next day after overnight in the fridge

## **Chili toppings ideas:**

sour cream  
sharp cheddar cheese  
crushed Fritos  
crushed saltine crackers  
Paul's cornbread (<https://tinyurl.com/yc5lvjnx>)  
spring onions  
jalapenos  
lettuce  
olives  
avocado  
bacon  
corn nuts  
goldfish  
ranch dressing  
tater tots

The possibilities are endless! Bowl up and spoon in folks, Fall has arrived.