

Homemade Chili

Ingredients:

- 1 lb 85% Ground Beef
- 1 med. Yellow Onion
- 2 Jalapenos (optional)
- 4 Cloves Garlic minced
- 2 cans diced Tomatoes
- 2 cans Tomato Sauce
- 2 T Chili Powder
- 2 tsp Cumin
- ½ tsp Celtic Sea Salt
- ½ tsp Black Pepper
- 2 cans Black Beans
- 2 cans Red Kidney Beans

Directions:

In large pot, brown hamburger until almost done. Do not drain the fat. Add salt, onion, peppers and garlic. Sauté for several minutes. Add all 4 cans of tomatoes, and spices. Cover and simmer 1 hour, stirring occasionally. Stir in beans. Simmer uncovered about 10 minutes, stirring occasionally. Serve topped with shredded cheddar cheese.