

## Homemade Chili



- You will need a big pot, a big spoon, measuring devices, and a large skillet or frying pan, chopping board, and a knife.
- 1 pound - Grass fed beef
- Red onions – half of cup
- Garlic cloves – 3 cloves
- Tri color bell peppers – all three (chop them up)
- Kidney beans – 1 can
- Black beans – 1 can
- Tomato paste – 1 can
- Crushed can tomatoes – 1 can
- Diced tomatoes – 1 can
- Cumin – 1 tsp.
- Sugar – 2 tsp.
- Salt – 1 tsp.
- Pepper – 1 tsp.
- Garlic powder – ½ tsp.
- Garlic Salt – ½ tsp.
- Paprika – ½ tsp.
- Chili powder – 1 tsp.
- Cayenne pepper – 1 tsp.
- First you chop all of you vegetables up and fry them in the frying pan together with your grass fed beef until everything is nice and brown. Then you mix all of your ingredients in the big pot along with the ground beef after you drain the grease from it. Stir it all together and for about 30 to 40 minutes until it is done. Then you will have a nice tasty pot of chili.