



## SUPER CHILI

Serves 12

1 LB Ground Beef	2 Cans Tomato Paste
1-2 Onions, Chopped	2-4 Cans Kidney Beans, Drained (or 2-4 cups Dried Kidney B.)
2 Garlic Cloves, Chopped	1 Can Pork and Beans, Optional
2 Green Peppers	1 Can Refried Beans, Optional
4 Stalks Celery Chopped	1 Tsp each Basil and Oregano
4 Carrots, Diced or Grated	2 Tsp to 2 Tbsp Chili Powder
2 – 28oz Cans Diced Tomatoes	Salt and Pepper to Taste

1. Brown the beef, add onions and garlic.
2. Add remaining ingredients. (You may want to precook carrots before adding, unless grated.)
3. Simmer, stirring occasionally, or bake in 350F degree oven for ½ to 1 hour.

\*HINT #1: To save \$, use dried beans. Wash dried beans and then soak for 8 hours of overnight using 3 cups water for each cup of beans. In morning, drain and add fresh water – and bay leaf, if desired. Simmer for about 1 hour or until tender. (Can make ahead, drain and store in the fridge or freezer until needed.)

\*HINT #2 For a meal that's high in nutrients, and low in cost, use lots of beans and no meat. Beans are high in protein and iron, so meat is not needed.