



COMFORT CHILI

SUBMITTED BY: Heidi Dudzianiec - RPN, 7/8N Surgical

This recipe is very comforting during times where you need a little warmth. Very filling and healthy!

DIRECTIONS:

INGREDIENTS:

2 cans baked beans (brown sugar if available)

2 cans red kidney beans

2 lbs ground beef (minced in frying pan with garlic, onion & butter)

1/4 cup ketchup

salt & pepper to taste

1 cup fresh mushrooms

4 tablespoons of chilli powder

4 cloves of garlic grated

1 cup fresh or canned mushrooms

4 cups pasta sauce (jar or homemade is better)

4 cups diced tomatoes

1 onion diced

1tbl brown sugar

1/4 tsp ground cumin

1/4 tsp Italian seasoning

1/4 tsp sweet paprika

3 tbsop olive oil!

1. After mincing the ground beef with onion and garlic put all ingredients into a crockpot on high for one hour followed by low for 4-6 hours
2. Sauté mushrooms prior to adding to crockpot in butter and oil with salt and pepper
3. Add all cans and remaining ingredients
4. Serve with grated cheese of your choice on top and a dollop of sour cream and garlic bread