

Main Dish



Slow Cooker Chili

Makes 3-4 servings

Prep Time: 20 minutes for chopping and browning ground beef

Allergy Alert: **None**

Ingredients

1 lb. ground beef

1 onion, diced

1 tsp. dried basil

1 tsp. dried oregano

1 6-oz. can light red kidney beans

1 5 & 1/2-oz. can chili beans

1 pint stewed tomatoes, drained

Slower Cooker Instructions

Cooking Time: 4 hrs on low

Ideal slow-cooker size: 4 qt

1. Brown ground beef and onion in skillet. Season with basil and oregano.
2. Combine all ingredients in slow cooker.
3. Cover. Cook on Low 4 hours.

Serving suggestion: Serve over cooked rice. Top with grated cheddar cheese (allergy alert).

Dutch Oven Instructions

Ready for testing and writeup.