

Donna's Homemade Chili

Category: American

Servings: 8 – 10

Steps: 5



What you will need:

1 teaspoon of olive oil
1 lbs. of organic grass fed ground beef
3 organic Roma tomatoes
1 large can of diced tomatoes
1 can of black beans
1 can of kidney beans
1 can of pinto beans
5 cloves of organic garlic (diced)
½ of an organic onion
1 chopped organic green bell pepper
1 cup of chicken broth
Salt to taste
1 teaspoon of black pepper
1 teaspoon of garlic salt

½ teaspoon of garlic powder
½ teaspoon of cayenne pepper
½ teaspoon of paprika
½ teaspoon of cumin
1 can of organic tomato sauce
½ teaspoon of crushed red pepper flakes
½ teaspoon of chili powder
4 bay leaves
2 tbsp. of apple cider vinegar
Shredded cheese
Avocado
Sour cream

1. In a medium pan add oil, minced garlic, and onions. Then add ground beef. Then add garlic salt. Stir until browned.
2. In a crockpot add browned ground beef, chicken broth, diced tomatoes, tomato sauce, apple cider vinegar, salt, bay leaves. Cook for 1 hour.
3. Next, add bell pepper, tomatoes, chili powder, cumin, paprika, cayenne pepper, crushed red

- pepper flakes, and black pepper. Stir spices together. Cook for 1 hour.
4. Next drain the beans and add them to the crock pot. Cook for 2 hours.
5. Serve with shredded cheese, avocado, and sour cream.

Cook Time: 4 hours

Prep Time: 15 minutes

Ready in: 4 hours