



KID FRIENDLY CHILI

From Simply Full of Delight

INGREDIENTS

- 1/2 cup of fresh or frozen diced onion
- 1/2 cup of diced fresh or frozen green pepper
- 1 roll of ground beef (16 oz)
- 2 - 28oz cans of diced tomatoes
- 1 - 15 oz can of chili beans in sauce
- Frozen corn 1 cup
- 1 tbsp chili powder
- 1 teaspoon cumin
- sprinkle of garlic powder
- 1 teaspoon oregano
- Optional: Serve with tortilla chips and cheddar cheese

PROCEDURE

In large soup pot, cook the ground beef until browned throughout. Add onions and green pepper to the meat, cook until your vegetables are cooked through (about 5 minutes).

Next, add the tomatoes, chili beans, corn, and seasonings. Cook until heated completely. We like to let it simmer about 20 minutes.

Serve with tortilla chips on the side and a sprinkle of cheddar cheese on top.

NOTES: