

Chili

- 1 cup chopped onion
- 1 clove garlic, minced
- 1 cup chopped celery
- 1/2 cup chopped green pepper
- 1 pound ground beef
- 1 – 2 cans kidney or Brooks Brand chili beans, depending on taste
- 1 28 oz can pureed tomatoes (preferably 6 in 1 Brand)
- 1/2 can of water – use the 6 in 1 can
- 1/4 teaspoon ground pepper
- 2 Tablespoons of chili powder
- 1/4 teaspoon oregano
- 1 teaspoon of sugar
- 1 teaspoon of cumin
- 8 oz of hot Italian Sausage

Remove sausage from casing and sauté with ground beef in a large saucepan until all red is gone. Drain meat. Place chopped onion, celery, green pepper, garlic and meat in saucepan, cook until vegetables are tender. Add remaining ingredients. Stir and cook over low heat for 15-30 minutes.

Healthy Variations - Use ground sirloin and Hot Italian Turkey Sausage. Increase the vegetables and/or beans. This can also be made vegetarian chili by completely omitting the meat and loading up on the vegetables.

Mike's Favorite - Smother a Supreme tamale with chili, cheese and chopped onion – definitely not low cal.