

Slow Cooker Beef Chili

Recipe for a 7-quart slow cooker

Serves: About 6 - 8

Cooking Time: About 7 – 8 hours on low or 4 - 6 on high



Ingredients:

- 2 pounds lean ground beef
- 1 large yellow onion, chopped (about a cup)
- 2 cloves of minced garlic (You can add more if you're a garlic fan or less if not)
- 1 large green bell pepper, chopped
- 2 - 3 ribs of celery, chopped
- 1 large can (28 ounces) crushed tomatoes
- 2 small cans (8 ounces each) tomato sauce
- 2 cans (14.5 ounces each) pinto or kidney beans, drained and rinsed (You could use 1 can of each)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon chili powder
- 1 teaspoon cilantro
- 1/8 cup chopped jalapeno peppers (Optional)

Directions:

1. In a large skillet, sauté onions, green pepper, and garlic.
2. Add the ground beef to the vegetables and cook until the meat is still pink (It will finish cooking in the slow cooker). Drain well.
3. Combine the meat mixture and remaining ingredients in a slow cooker.
4. Cover and cook for 7 - 8 hours on low or 4 – 6 hours on high.
5. Taste and adjust seasonings.

Garnish with chopped onions, shredded cheese and/or jalapeno