

Chili Con Carne

Ingredients:

2 T. butter
1 c. onion, chopped
1 green pepper, chopped
1 red pepper, chopped
1 garlic clove (optional)
1 lb. ground beef
1 (14.5 oz.) can diced tomatoes
2 1/2 c. kidney beans
1 1/2 c. beef broth
2 tsp. salt
1 T. chili powder
1 tsp. oregano
1 tsp. paprika
1 tsp. cumin
1/8 tsp. cayenne pepper

Toppings:

Jalapeno slices
Shredded cheddar cheese
Sour cream

Directions:

Melt butter in a large stockpot or Dutch oven over low heat; add onions, pepper, and garlic. Sauté gently for about five minutes. Add ground beef and cook until meat is no longer pink. Stir in remaining ingredients. Cover and simmer over low heat for two hours. You can also place in a slow oven (about 300°F) for two hours or place in a Crockpot on low for four hours.

Serve alone or top with jalapeno slices, shredded cheddar cheese, and sour cream.