

# CHILI CON CARNE

## INGREDIENTS

- 1 lb ground beef
- 1 large onion, diced
- 2 14oz cans kidney beans, drained and rinsed (or 1 ½ cup cooked dried kidney beans)
- 1 19oz can stewed tomatoes
- 1-2 tsp chili powder
- 1 tsp vinegar
- Salt to taste

## DIRECTIONS

### Step 1

In a large pot over medium heat cook the ground beef until no longer pink. Drain off fat.

### Step 2

Stir in onion, beans, tomato, chili powder, and vinegar. Add salt and taste.

### Step 3

Heat to boiling, then turn down to simmer for 35-40 minutes. Make sure to stir occasionally as it cooks.

## SHOPPING LIST

- Ground beef
- Onion
- Kidney beans
- 1 can stewed tomatoes
- Chili powder
- vinegar