



Chili

A staple of our winter diet, this chili is great with rice or by itself. Incredibly filling, while also requiring very little effort.

Ingredients

- 1 pound burger meat
- Salt to taste
- 1 onion, diced
- 1 large can red pinto beans
- 1 large can tomato sauce
- 1 can water
- 1 Tbsp chili powder
- 1 Tbsp sugar/honey
- (OPTIONAL) a can of whatever bean or corn you'd like)

Directions

Step 1 – Brown meat and onions. Add to large pot with all other ingredients. Add water to desired consistency.

Step 2 – Cover and heat for >1 hour. Flavor improves over 24 hours, but entirely edible immediately. Serve in bowls or over rice.