

Ingredients

Olive Oil

1 tablespoon

Onion

1 medium chopped

Garlic

3 - 5 cloves roasted and
mashed

Ground Beef

1 lb. very lean

Jalapeño Pepper

1 finely chopped

Cumin

2 tablespoons

Chili Powder

6 tablespoons

Cayenne Pepper

1/2 teaspoon

Tomato Sauce

2 15-oz. cans

Kidney Beans

1 15-oz. can dark red

Chili con Carne



- 1** In a large skillet sauté the garlic and onion in the olive oil until tender. Add the ground beef and jalapeño, stirring occasionally until the beef is browned. Drain any liquid.
- 2** Combine the tomato sauce and remaining spices in a medium size saucepan. Add the ground beef mixture and stir well. Cook over medium heat until chili just starts to boil. Reduce heat and simmer for about 30 minutes.
- 3** Remove from heat and add kidney beans (do not drain). Simmer over low heat until beans are warmed through, about 20 minutes.