



cara price

CHILI

INGREDIENTS

2 pounds ground beef
1 large onion, diced
4 cloves garlic, minced
2 cups carrots, chopped fine
1 tablespoon dried oregano
3 teaspoons each of salt & chili powder
1/2 teaspoon each of smoked paprika & cumin
1/4 teaspoon red pepper flakes
2 tablespoons olive oil
2 - 15 ounce can diced tomatoes, undrained
2 - 15 ounce can tomato sauce
1 can water
1/2 cup green salsa

DIRECTIONS

in a large stock pan, sauté onions in the olive oil for 4-5 minutes, then transfer to a small bowl, reserving oil.

brown the ground beef, add in all the spices & stir well.

add onions back into pot & stir in garlic, carrots, canned items, salsa & water.

bring to a boil, then reduce heat, cover & simmer 1 hour.