

My Super Easy Southwestern Chili

by Aimee Larsen

www.homespun-threads.com



photo courtesy of RealSimple

ingredients

2 pounds of ground beef, chicken or turkey
2 packages of chili seasoning
1 large can (approx 28 oz) Tomato Sauce
1 large can (approx 28 oz) Diced Tomatoes
2 cans (15 oz) of Black Beans
1/2 Onion diced
1 can (15 oz) Fiesta or Mexican Corn
Green Bell Pepper Halved & diced

quick cooking

brown meat, drain & caramelize diced onions & bell pepper
put meat, onions & bell peppers in your chili pot
(make sure it's big)
add Tomato sauce, Diced Tomatoes, Black Beans, Corn into pot
Mix in your chili seasoning.
Bring to a fast simmer or slow boil.
Cook for 15 - 20 minutes and serve hot

slow cooking

this is my favorite!
start the night before, brown meat and drain
put meat, raw onion and bell peppers into crock pot
add all other ingredients and give it a stir
simmer on low for a minimum of 15 hours stirring occasionally
easy right.

tips

add heat with seasoning, I love red pepper flakes
shred your favorite cheese for a side topping,
also lovely with chives/scallions and sour cream
1 can of black beans can be substituted for 1 can of dark red kidney beans
recipe can be halved, starting with 1 lb of meat, use smaller cans or 1 can,
1 pack of seasoning & 1/4 onion and bell pepper.

hey, this is how I make it, experiment and come up with your own if you wish,
cooking should be fun!
the key is fresh meat and veggies!
I'm thinking of adding zucchini next time...how about you?
what will you add?

sides

the only side I want is Mexican Corn Bread
grab a box of Jiffy Corn Bread Mix or your favorite
add 1/2 a can of fiesta corn or 1/2 the corn you put in the chili
now invite your friends and chow down!