

Chili

1/2 cup chopped onions, optional

1/2 cup chopped green pepper, optional

1 - 1 1/2 pounds ground beef

4 cans beans (mix or match): dark and light red kidney beans,
cannellini beans/white kidney beans,
black beans

1 can chili beans

1 large can tomatoes (crushed or diced)

1 package chili seasoning (I prefer McCormick mild original seasoning)

cumin and chili powder to taste, if desired

If using onions and peppers, sauté in a skillet with 2 tablespoons of butter until tender. Add ground beef to the skillet and cook until lightly browned and no pink remains.

Combine all ingredients in a large pot, Dutch oven, or crock pot; stir well. Heat over high heat until hot and bubbly, then simmer over low heat for a couple of hours to combine flavors.