

Quick & Delicious Chilli Con Carne

This recipe can be easily doubled or tripled to make larger batches that can then be frozen for future meals.

Ingredients:

1	LB	Lean Ground Beef or Ground Chicken or Ground Turkey or a combination of them-Thawed (<i>From the Fruit Shack!</i>)
1/2	med	Onion - Sliced
1 - 20 oz can		Kidney Beans
1 - 20 oz can		Stewed Tomatoes
1		Green Pepper - diced
To taste		Garlic Powder
To taste		Onion Powder
1/2	tsp	Chili Powder
1/4	tsp	Oregano
1	cup	Ketchup
	Dash	Cayenne Pepper

Directions:

1. Brown ground meat and sliced onion
2. Add the remainder of the ingredients
3. Bring to a boil over medium heat, stirring occasionally
4. Turn heat down to low and simmer uncovered until thickened.

ENJOY!

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