

Foolproof Fall Chili

PREP TIME: 15 MINS

CROCKPOT: 2-4 HRS // 6-8 HRS

Ingredients

1 lb ground beef

1 can black beans, drained and rinsed

1 can kidney beans, drained and rinsed

1 can tomato sauce

1 can crushed tomato

1 clove garlic (minced garlic or 1/2 tsp garlic powder will do in a pinch!)

3 tsp cumin

2-3 tsp chili powder

Directions

1. Brown meat.
 2. Throw all ingredients into crockpot. Stir to combine.
 3. Cook on high 2-4 hours or low 6-8. If cooking on the stove, bring to a boil, then reduce to simmer for 30 minutes.
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Toppings + Combos

Mexican Chili: top with cheese + avocado + corn chips

Hearty Chili: serve over rice + top with greek yogurt + cheese

Southern Chili: serve with a side of cornbread

