

Uncle Fred's Chili

- Brown and drain 3 lbs ground beef
- In large pot, Chop 2 large onions and cook in butter until soft
- Dice one green pepper (optional) add to onions
- Add beef to onions

To onions and beef:

- Add 3 large cans (16 Oz) Dark Red Kidney Beans (drain fluid)
- Add 3 large(15 oz) cans stewed tomatoes
- Add 1 large (15 oz) and 1 small(8 oz) can tomato sauce
- Use 2 teaspoons of chili powder (Add more for more heat)
- Use 2 teaspoons of crushed red pepper (add more for more heat)
- Add one - two teaspoons of chopped garlic
- Add one - two teaspoons of salt

Bring to boil, reduce heat to low and simmer for about 2 to 3 hours, stirring every 20 minutes or so. Reduce to thickness desired.

Serves 8

For smaller portion

- Use 2 lbs ground beef
- 2 medium onions or 3 small
- one small pepper
- 2 16oz cans Dark red Kidney Beans
- 2 15 oz large cans stewed Tomatoes
- 1 Large (15 oz) can tomato sauce
- 1 teaspoon of chili powder
- 2 teaspoon of crushed red pepper
- 1 teaspoon of chopped garlic or garlic salt
- 1 teaspoon of salt or garlic salt (if garlic was used above)

serves 5-6 easily