



ALLEN'S GAME DAY CHILI

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion diced
- 1 lb ground beef
- 2 tablespoons tomato paste
- 2 tablespoons sugar
- 2 1/2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 tablespoon garlic powder
- 1 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups beef broth
- 1 (15oz) can diced tomato
- 1 (16 oz) can kidney beans drained
- 1 (8oz) can tomato sauce

DIRECTIONS

1. Add olive oil to large soup pot and place it over medium-high heat for two minutes.
2. Add diced onion and cook for 5 minutes.
3. Add ground beef to the pot and brown.
4. Stir in the tomato paste and sugar. Then add chili powder, cumin, garlic powder, salt, pepper *OR* 8 Pepper Chili spice (to taste) and mix.
5. Add broth, diced tomato, drained kidney beans and tomato sauce and stir well.
6. Bring liquid to a low boil and then reduce heat to gently simmer UN-covered for 20-25 minutes.
7. Remove from heat and let rest 5-10 minutes to cool off.
8. Serve warm and top optionally with cheddar cheese, crackers and/or sour cream.

BENEKER
Family Farms



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SHOPPING LIST

olive oil
onion
tomato paste
chili powder
ground cumin
sugar
garlic powder
salt
pepper
beef broth
1 (15oz) can diced tomato
1 (16 oz) can kidney beans
1 (8oz) can tomato sauce
cheddar cheese
sour cream
crackers

SIDE OPTIONS

cinnamon rolls
vegetable tray with dip