Healthy Chili

* Freezer Meal & Crock Pot Recipe *

This great chili recipe is great to make either on the stove or in your crockpot!

Ingredients: Serves: 6-8

2 lbs. extra lean ground meat (or turkey meat)
1 large onion, chopped
4+ large garlic cloves, chopped or minced
1 large (28oz) can diced tomatoes (with juices)
1 (6oz) can tomato paste
4c. water (2 now & 2 later)
3 1/2 Tbsp. chili powder

2 1/2 tsp. basil
2 1/2 tsp. oregano
2 1/2 tsp. salt
2 1/2 tsp. cumin
3 tsp. Worcestershire sauce
1 tsp. Black pepper (or more to taste)
1/2 Tbsp. ground, instant coffee (optional)

Add at the end:
1 Lg. (27oz) can kidney beans, drained & rinsed

Plus: Your favorite chili toppings! Try sprinkling chopped, fresh cilantro (or parsley) on top! Delicious!

Directions:
- Brown together meat, onion & garlic. Drain the fat.
- Mix the remaining ingredients together, minus the beans.
- Simmer 1 hour
- Add beans and simmer 10 more minutes

Crockpot Version:
- Follow the above ingredients, except put everything in a crockpot for 3-4 hours on high or 6-7 hours on low. Don't forget to add the beans at the end.

Tips:
- We love this chili. When I've made large batches of this recipe, I often need to add a bit more spices to taste to get the right flavor. Sometimes more chili powder, oregano, salt, pepper, etc.
- I want to note here that I've heard that instant coffee is a secret ingredient for award winning chilies. I haven't tried it yet, but plan to the next time I make this recipe.

Goes Great With: Cheese, sour cream, or chopped onions. We sometimes serve our chili over noodles. I prefer macaroni noodles. Don't forget that chili goes great on baked potatoes or hot dogs.

If freezing:
- Add everything to a ziplock except the water. You can either add beans to the ziplock or label the can that you will use and put it aside in your pantry. Make sure to make a note on your label that you still need to add water. :)
- Another option is to make a double batch of chili and freeze half of the chili. It reheats great and is ready to go when you want it.

Raising Clovers
LIVE SIMPLY. BE JOYFUL.