# chili

## Family Chef: Lori McMahon

#### Ingredients:

2 bottles (17.5 oz.) tomato sauce

20 oz. package of ground beef or turkey

1 large onion, chopped

3 garlic cloves, minced

3 tbsp olive oil

3 tbsp chili powder

2 tbsp hot sauce

2 tsp cumin

2 c hot water

salt to taste

1 sweet potato

1 bag of chopped peppers

1-2 cans of beans (kidney, black, etc.)

#### Instructions:

1. Heat olive oil on medium/high heat – add chopped onions and garlic – sauté for 3-4 minutes
2. Add ground beef/turkey and cook until browned
3. Add cumin, chili powder, hot sauce, salt, water, tomato sauce, beans, and sweet potato
4. Bring to a boil and reduce heat
5. Simmer on low for 1 hour