



# Easy Chili: Not-So-Spicy

- Terri Simpkins, Princeton, WV

### Ingredients:

- 1 pound ground beef, 96% lean
- 1 cup chopped white onion
- 1/2 cup chopped green bell pepper
- 1 1/2 tablespoons chili powder  
( 2 1/2 if you like is spicy)
- 1 clove minced garlic  
(1 1/2 tsp of bottled minced garlic)
- 1 bay leaf
- 1/2 teaspoon ground cumin
- 1 (28 oz) canned diced tomatoes
- 1 (15 oz) can tomato sauce
- 2 (16 oz) cans mild chili beans,  
undrained
- salt and pepper to taste

Prep Time: 10 minutes

Cooking Time: 95 minutes

Servings: 8 - 10

### Directions:

- 1** In a large saucepan over medium high heat, combine the ground beef, onion and bell peppers. Saute for about 5 minutes, or until beef is browned. Drain excess fat.
- 2** Add the chili powder, garlic, bay leaf, cumin, chile peppers (if desired), tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans and heat through (about 5 minutes).
- 3** Remove bay leaf prior to serving. Serve with saltine crackers or cornbread and topped with mild cheddar cheese, if desired.

NOTE: For spicier chili, add 4 teaspoons finely chopped jalapeno chile peppers. Freeze leftover chili in 2 - 4 cup servings for later, if needed.



Great with cornbread or over  
corn chips for a chili pie!