

# THE CHICKEN CHICK'S SUPER SECRET CHILI RECIPE

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## INGREDIENTS

1 lb ground beef (or one bag pre-cooked/frozen)	2 teaspoons garlic powder
1 tablespoon olive oil	1, 14 ounce can of crushed tomatoes
1 medium onion, chopped (or 4 frozen cubes)	2-3 tablespoons tomato paste
1 large red bell pepper, chopped (or 5 frozen cubes)	1, 15.5 ounce can, small white beans, rinsed and drained
2 garlic cloves, chopped or pressed	½ kielbasa link, ground in a food processor to the consistency of ground beef
2 Tablespoons chili powder	1 bottle of beer
1 teaspoon cumin	Optional: leftover beef, cut into small pieces. (I freeze leftover, cooked steak for this dish in particular)
1 teaspoon cayenne pepper (more or less to the heat you desire)	

## LET'S MAKE IT!

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In a large pot or Dutch oven on medium high heat, either add frozen beef, onions, peppers & raw garlic, heating until garlic is softened

OR

brown ground beef & skim off excess fat. Remove from pan and set aside. Add olive oil to pan and over medium heat, add onions and peppers. Sauté until onions are translucent.

Add all remaining ingredients to ground beef mixture. Simmer on low, stirring occasionally until ready to serve. The longer it cooks, the better, but simmer for a minimum of 1 hour.