

## Chili recipe

it's not very precise but here goes -

1 lb hamburger (or turkey)  
1 lb sausage (comes in a tube - turkey or pork - hot Italian will give the chili more zing)  
1 can crushed tomatoes (16 oz can for single recipe)  
1 can beans (red, black, kidney, or none at all)  
1 medium onion, diced  
1 can tomato paste  
Garlic (2-3 cloves, or whatever you prefer)  
Olive Oil  
Spices (salt, pepper, seasoning salt, and chili pepper, or just get the chili spice packet)

Put onions and garlic in large frying pan/pot with enough olive oil to sauté. When soft, add meat, and brown until just barely not pink. Drain off liquid fat. Stir in tomato sauce, beans, tomato paste, and spices, and add enough water so that liquid covers everything in the pan. Stir, cover, let simmer for 20-30 minutes. This doubles and freezes really well. If using a crockpot, put meat/onion mixture in crockpot after draining and add the rest of the ingredients into the crockpot, and let simmer away on low for the day.

Note - you can add more tomato paste to thicken it up as desired.