

Chili is yummy anytime, but especially wonderful in the winter. Great with a salad and garlic bread, or just a handful of saltine crackers crushed in the bowl, or spoon the chili over a bowl of steamed white rice.

Easy Weekday Chili

- Olive oil
- 1 pound ground beef (cooked)
- 2 tablespoons ground chili powder
- 1 teaspoon garlic powder, dried thyme leaves, salt and black ground pepper
- 3 peppers (different colors), sliced
- (796ml.) can diced tomatoes
- 19 ounce can kidney beans, cleaned
- 1/2 cup fresh basil

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Lightly coat saucepan with the olive oil and heat on medium heat. Crumble in the ground beef. Sprinkle the beef with chili powder, garlic powder, dried thyme leaves, salt, and pepper. Add the sliced peppers and diced tomatoes to the ground beef. Bring to a boil, stirring often. Reduce the heat to low and partially cover. Simmer, stirring occasionally until peppers are tender, about 8 to 10 minutes. Stir in beans, and cook until hot. (About 2 minutes) Remove from heat and stir in basil.



Bacteria begin multiplying when meat is left out of the fridge for two hours or longer, which is why it is a good idea to take your shopping straight home and into the fridge.

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