

Crock Pot Beef Chili

1 1/2 lbs. ground beef

1 onion

1 can tomatoes

1 can water

1 can red kidney beans

1 pkg. chili seasoning (more chili powder is opt.)

Salt to taste

Cook ground beef and onion in skillet; drain. Pour into crock pot. Add all other ingredients, simmer on low for 6 hours.

Cooking For Real with Yvonne & Denise (Triskeles Inc.'s Food for Thought Partners)
Hands-on Cooking and Nutrition for all ages
