




Chili by Bea Newell

Ingredients

- ½ large onion
- 3 cloves of garlic, minced
- 2 tbsp tomato paste
- 2 carrots, grated
- cooking oil
- 1 - 1½ lbs ground beef
- 1 packet McCormick chili mix
- 1 15.5 oz can red kidney beans
- 1 28 oz can crushed tomato

Directions

Use a large heavy pot. With a little oil cook half of a lg onion until soft (5 min.) then stir in 3 cloves of garlic that have been minced. Cook about a minute. Then add 2 tbs of tomato paste - stir. Next grate in 2 carrots  then add 1-1 1/2 lbs of ground beef. Cook till the beef is no longer pink. Drain fat. Add 1 pkg of McCormicks chili mix, 1 can of red kidney beans & 1 can of crushed tomatoes (28 oz). Bring to a boil then reduce heat & simmer for 20-25 min. Let rest for 5-10 min. At this point it could also sit in a slow cooker on low for 3-5 hours. Serve with shredded cheddar cheese and sour cream.