

# Crystal's Chili

Prep Time: 5 minutes | Cook Time: 30 minutes | Makes: MANY servings

## Ingredients:

1-1.5 pounds of ground beef, turkey, or buffalo

½ onion, chopped

1 can light red kidney beans

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1 can garbanzo beans

1 can great northern beans

1 can black beans

1 28 oz. can of diced tomatoes

1 can of tomato sauce

1 can yellow corn

2 tablespoons each of the following:

Garlic powder

Onion powder

Chili powder

Cumin

## Directions:

In a large soup pot, brown the meat of your choice along with the chopped or diced onion.

Once cooked through, add each can of beans along with the diced tomatoes, corn, and tomato sauce. You do not have to drain the beans or tomatoes. Allow this mixture to heat up for about 10 minutes, stirring frequently.

Add in the spices: garlic powder, onion powder, chili powder, cumin.

Add in salt and pepper to taste.

Allow chili to cook over medium to medium-high heat for about 30 minutes.

Serve with sour cream, cheese, guacamole, tortilla chips, cilantro OR cornbread