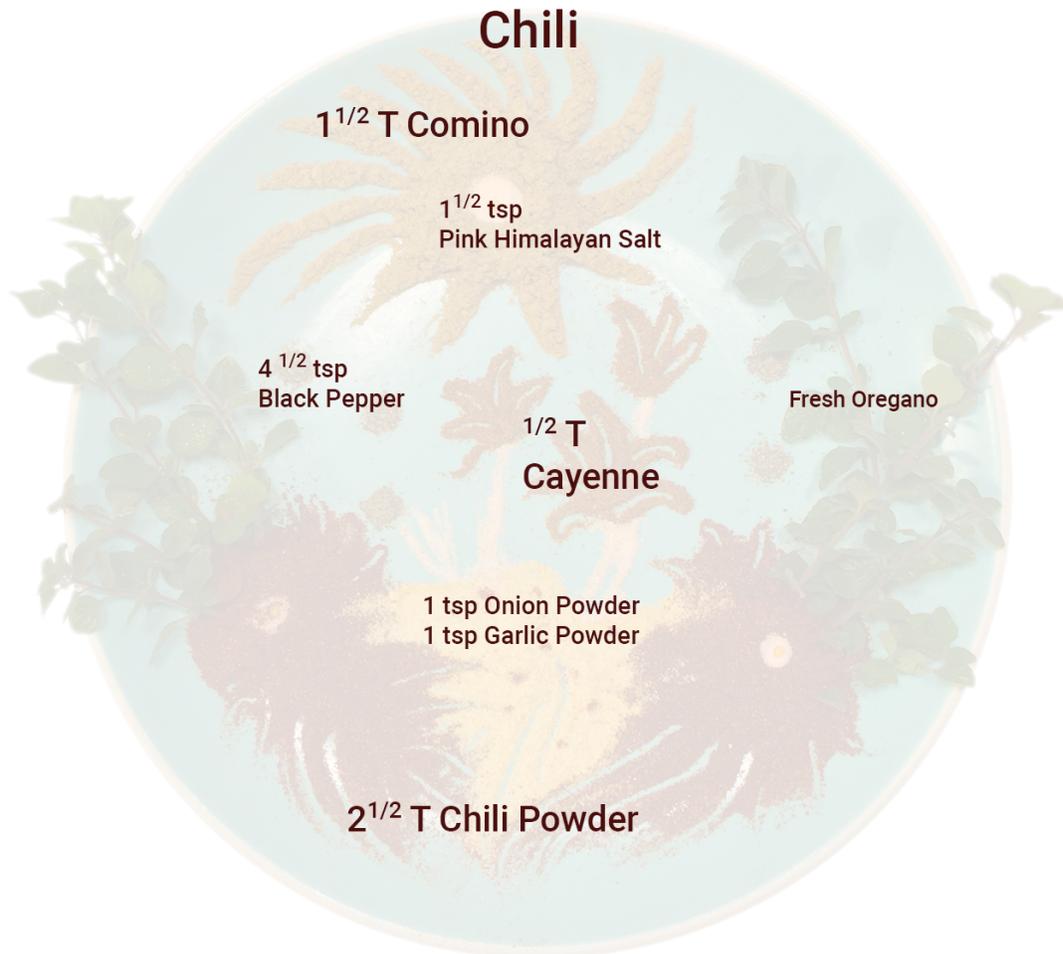


Chili



In a large pot cook 1 pound ground beef or protein of choice

After the beef is browned...

Sauté 1 diced onion, 4 minced cloves of garlic in 1 T of olive oil

Chop Oregano fine, add to pot along with the rest of the spices in the picture above

Add two medium sized cans of rinsed red kidney beans,

Add one large can of crushed tomatoes

Add ¼ or half cup of leftover coffee

Add 2 T peanut butter

Simmer on low and adjust seasonings to your taste. Sometimes I add cinnamon and nutmeg.
That is my Mediterranean Chili!

Let me know what you think! If you want to help feed those in need hop on our website and donate or purchase a product or two. New designs are always in the works!

Thank you! From 3leggedpigcreation.com

Currently as of April 2021, 100% of the profits are donated to feed the hungry.