



# **CROCK POT BEEF CHILI**

**MAKES 8 SERVINGS**

## **INGREDIENTS**

**2 LBS GRASS-FED GROUND BEEF**

**15OZ CAN KIDNEY BEANS**

**15OZ CAN BLACK BEANS**

**15OZ CAN GREAT NORTHERN BEANS**

**15OZ CAN DICED TOMATOES WITH GREEN CHILES**

**28OZ CAN LOW SODIUM DICED TOMATOES**

**1 BELL PEPPER, CHOPPED**

**1/2 MEDIUM ONION, DICED**

**1/2 JALAPENO, DESEEDED AND CHOPPED**

**2 TSP SMOKED PAPRIKA**

**2 TSP GARLIC POWDER**

**2 TBSP ITALIAN SEASONING**

**2 TSP SALT**

Created By Jessica Smosna, RD, LD



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## **METHOD**

**PLACE MEAT IN MEDIUM SAUCEPAN; COOK OVER MEDIUM HEAT UNTIL NO LONGER PINK. MEANWHILE, COMBINE ALL OTHER INGREDIENTS IN THE CROCK POT. ADD COOKED MEAT AND MIX WELL. COOK ON LOW HEAT FOR 3-4 HOURS.**

**ALTERNATELY, COMBINE ALL INGREDIENTS (INCLUDING RAW MEAT) IN CROCK POT AND COOK ON LOW HEAT FOR 6 HOURS.**