

Chili Con Carne

I use this recipe when making tacos. The Chili is a meal by itself, served with my Cornmeal Bread and a salad. Add a gallop of sour cream on top of the soup serving and a sprig of parsley.

4 lb. ground beef

3 medium onions, diced

1 green pepper, diced

2- (8 oz.) cans tomato sauce OR

1 lb. canned tomatoes

1- (12 oz.) can tomato paste

water

5- (15-1/4 oz.) cans kidney beans

1/2 cup ketchup

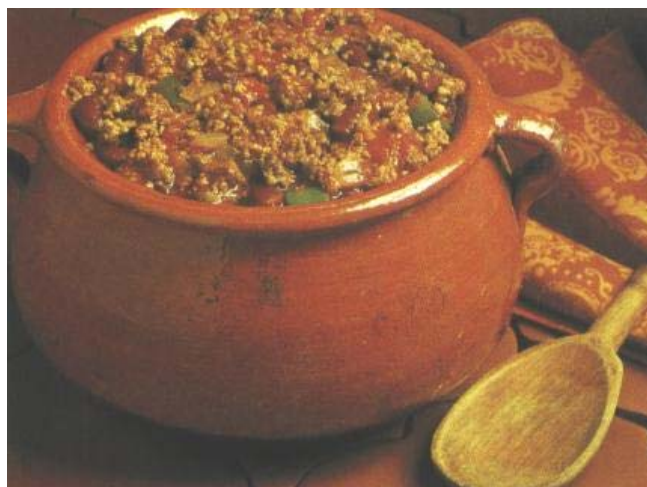
2 cloves minced fresh garlic

dash of Tabasco

ground pepper

2 tsp. dried parsley, or 4 Tb. fresh parsley

4 Tb. chili powder



Fry ground beef on medium heat in 5-quart Dutch oven until browned.

Drain fat and return to heat.

Add onions and green pepper, sauté 5 minutes.

Add sauce, or canned tomatoes; and paste.

Fill cans with water and add to soup.

Add kidney beans, un-drained; ketchup, garlic, Tabasco, ground pepper and parsley.

Add the chili powder.

Simmer soup and add more water and chili powder to please your taste.

Yield: 16 to 20 servings.

NOTE: Chili Con Carne burns easily. Stir often and keep the heat low. You can cut this recipe in half for a smaller serving of soup. I do use the regular Chili for my Taco's but you can also use the recipe mentioned below:

TACO'S: First cut the recipe in half for a smaller serving. I add only 1 can of kidney beans and include cilantro to the recipe in place of parsley. I also add, 2 Tablespoons taco sauce and 1 teaspoon of cumin. Dice 1 jalapeno pepper with green pepper and add to Chili.