



## INGREDIENTS

Two 16oz cans kidney beans, drained and rinsed

28oz diced, stewed or whole tomatoes, chop large pieces

1 lb ground beef or turkey, browned and drained

1 onion, chopped

1 green pepper, chopped

1 red pepper, chopped

2 Tbsp minced garlic

3 Tbsp chili powder

1 tsp black pepper

1 tsp cumin

6 oz can/jar sliced jalapenos with juice

## Slow Cooker Tex Mex Chili

If you use canned beans, look for low sodium or no salt added varieties. It's always healthier to add salt to taste after cooking then to add a bunch in with all your ingredients. You use far less in the end. You can also use dried beans, 32 oz soaked and rinsed.

You can use ground beef or ground turkey in this dish, I use half of each and freeze the other halves for later use. You can also make it meatless and add more peppers and beans.

Lastly, if you don't want it really spicy, use a can of diced green chilies in place of the jalapenos. Or if you want extra spice, add 2 Tbsp of Tabasco sauce.

Mix all ingredients in a slow cooker and heat on low for 7-8 hours.

To make it on the stovetop, simmer in a stockpot or dutch oven for 45 minutes to an hour.

Garnish with sour cream and cheese before serving, if desired.

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UNIQUELY YOU