

Slow Cooker Chili

FROM THE KITCHEN OF AHNA @ HAMMERSNHUGS.COM



INGREDIENTS:

2 LBS GROUND BEEF, LEAN
1 ONION, DICED
3 CLOVES GARLIC, CRUSHED
2-3 CARROTS, CHOPPED
28 OZ CRUSHED TOMATOES
28 OZ DICED TOMATOES (KEEP LIQUID)

15 OZ BEANS OR 1 SWEET POTATO, DICED (ELIMINATE FOR LOW CARB)
1 T CUMIN
1 TSP OREGANO
1 T WORCESTERSHIRE SAUCE
2 TSP SALT
¼ C CHILI POWDER

DIRECTIONS:

FOR THE BEST FLAVOR BROWN THE BEEF BEFORE ADDING TO THE SLOW COOKER. FOR QUICK PREP, YOU CAN ADD THE BEEF RAW. YOUR CHOICE! SAUTE THE ONION IN A PAN. ADD THE BEEF, COOKING THOROUGHLY. DRAIN AND SET ASIDE. ADD THE REST OF THE INGREDIENTS INTO A SLOW COOKER AND STIR TO MIX. ADD THE BEEF. COOK ON LOW FOR 4-5 HOURS.

TO FREEZE:

ADD ALL THE INGREDIENTS TO A FREEZER SAFE GALLON BAG. LAY FLAT IN THE FREEZER. THAW OVERNIGHT IN FRIDGE PRIOR TO COOKING. COOK AS DIRECTED ABOVE.