

SUPER BOWL CHILI



INGREDIENTS

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| 3 Tbsp. olive oil | 1 Tbsp. ground cumin |
| 1 red onion, finely chopped | 1 can chopped tomatoes |
| 1 red bell pepper, diced | 1 can of tomato sauce |
| 1 yellow bell pepper, diced | 2 cans red kidney beans, drained |
| 1 mild chile pepper, diced | Sour cream, for garnish |
| 2 tsp. minced garlic | Cilantro, for garnish |
| 3 lbs. ground beef | 4 avocados, sliced, for garnish |
| 2 Tbsp. chili powder | |

DIRECTIONS

1. Place olive oil in large pot, add onion, bell peppers and garlic. Cook over low heat until soft, stirring occasionally.
2. In separate skillet, break ground beef into small pieces and brown over medium high heat. Drain off fat.
3. Add chili powder and cumin, combine well; transfer cooked meat to vegetables.
4. Add tomatoes with juices, tomato sauce, beans and broth to and combine all ingredients.
5. Increase heat slightly until ingredients are heated, reduce heat to simmer. Cover loosely and simmer for one hour, stirring occasionally.



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