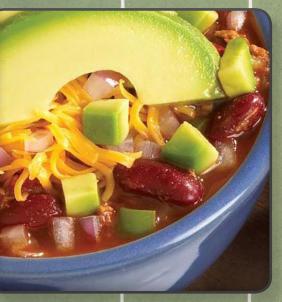
SUPER BOWL CHILI



Indianapolis Fruit Distributors of Fruits Vegetables & Floral

INGREDIENTS

- 3 Tbsp. olive oil
- 1 red onion, finely chopped
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 mild chile pepper, diced
- 2 tsp. minced garlic
- 3 lbs. ground beef
- 2 Tbsp. chili powder

- 1 Tbsp. ground cumin
- 1 can chopped tomatoes
- 1 can of tomato sauce
- 2 cans red kidney beans, drained
- Sour cream, for garnish Cilantro, for garnish
- 4 avocados, sliced, for garnish

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.