

Simple Chili (Soup)

- 1 lb lean ground beef (or ground turkey)
- 1 packet of McCormick Chili seasoning (Mild, Original, or Spicy)
- 1 15oz can of tomato sauce or crushed tomatoes
- 1 4oz can chopped green chili peppers (mild or spicy)
- ½ cup of water
- 2 15oz cans of light red kidney beans (drain)

- In large cooking pot place meat, seasoning, water, and chili peppers
- Cover and cook at medium high heat, stir often, for about 30 minutes
- Add kidney beans
- Reduce heat to low and cook uncovered for another 30 minutes or until sauce thickens

Serve in a bowl with optional cheese and/or sour cream