

Chili

Recipe

Makes: 8-10 servings



NOW GROUP

PREP TIME:
10 MINUTES

INGREDIENTS

- 1 POUND GROUND BEEF OR SUBSTITUTE
- 1 15OZ CAN CORN(OR FROZEN EQUIVALENT)
- 1 15OZ CAN BLACK BEANS
- 1 28OZ CAN OF DICED TOMATOES
- 1 15OZ CAN OF CHICKPEAS
- 1 TEASPOON CHILI POWDER
- 1 DICED YELLOW ONION
- 1 TABLESPOON OIL
- SALT TO TASTE

TOTAL TIME:
2.5 HOURS TO 4.5 HOURS

NOTES:

- GROUND BEEF CAN BE SUBSTITUTED FOR GROUND CHICKEN, TURKEY OR TOFU
- THIS RECIPE CAN BE PREPARED IN A SLOW COOKER OR ON A STOVE TOP

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PROCEDURE (STOVE TOP)

- IN A LARGE HEAVY BOTTOM POT HEAT CANOLA OIL OVER MEDIUM HEAT
- ADD THE ONION AND COOK FOR 2 MINUTES OR UNTIL TRANSLUCENT
- ADD YOUR GROUND MEAT OF CHOICE AND BROWN FOR 5 MINUTES
- ADD THE REMAINDER OF THE INGREDIENTS INTO THE POT AND BRING TO A BOIL
- TURN THE HEAT DOWN TO LOW AND LET THIS SIMMER FOR 2 HOURS COVERED
- SERVE WARM WITH DESIRED TOPPINGS AND SIDES

PROCEDURE (SLOW COOKER)

- IN A SKILLET HEAT CANOLA OIL OVER MEDIUM HEAT
- ADD THE ONION AND COOK FOR 2 MINUTES OR UNTIL TRANSLUCENT
- ADD YOUR GROUND MEAT OF CHOICE AND BROWN FOR 5 MINUTES
- ADD THIS MIXTURE AND THE REMAINDER OF INGREDIENTS INTO YOUR SLOW COOKER
- LET THIS SIMMER ON LOW IN THE SLOW COOKER FOR 4 HOURS
- SERVE WARM WITH DESIRED TOPPINGS AND SIDES

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Budget Breakdown



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INGREDIENT

TOTAL COST

1 POUND GROUND BEEF	\$5.00
1 POUND GROUND TURKEY	\$6.90
1 POUND GROUND CHICKEN	\$7.00
500 GRAMS MEDIUM FIRM TOFU	\$2.50
1 CAN CORN	\$1.50
1 CAN BLACK BEANS	\$1.00
1 CAN OF CHICKPEAS	\$1.00
1 CAN DICED TOMATOES	\$1.19
1 YELLOW ONION	\$0.75
1 TABLESPOON CANOLA OIL	\$0.18
1 TEASPOON CHILI POWDER	\$0.25

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Budget Breakdown



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TOTAL COST OF THE RECIPE		TOTAL COST PER SERVING
\$10.87	GROUND BEEF	\$1.36
\$12.77	GROUND TURKEY	\$1.60
\$12.87	GROUND CHICKEN	\$1.61
\$8.37	TOFU	\$1.05
\$5.87	NO ADDITIONAL MEAT OR MEAT ALTERNATIVE	\$0.73