



6 - 1 cup
servings



30 minutes

INGREDIENTS

- 1- 15oz can red kidney beans (drained & rinsed)
- 1- pound of ground meat or meat substitute
- 1- 15 oz can diced tomatoes (undrained)
- 1-15 oz tomato sauce
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 1/2 tsp cajun seasoning
- 1 small container sour cream (opt)

NOTES

Any meat choice is sufficient.
This recipe can be made vegan, vegetarian or plant-based.
Increase seasoning to make spicy chili.

DIRECTIONS

Brown meat with chopped bell peppers and onions: drain excess fat.

Put all ingredients in pot and bring to a boil.

Reduce heat to medium-low and simmer for 30 minutes.

Enjoy as is or add your favorite chili toppings.



www.chattychansa.com