

Chili and Beans

Dad claims he taught mom how to make this. Never the less I added to taste and use more meat. Every once in a while my family gets a craving for this dish.

2 pound cooked extra lean ground beef, 17% fat

1 Tbsp olive oil

2 large cans of red kidney beans

2 medium stalks celery- chopped

½ large yellow onion-chopped

½ cup or handful of chopped fresh parsley

1 can Beef Broth

2 Tbsp Tomato Ketchup

2 tsp steak or Worcestershire sauce

8 oz Sharp Cheddar Cheese or more

I brown hamburger in a 350 ° electric fry pan with oil. And drain.

Drain can beans and save the liquid in a separate bowl. Add beans to pan for about 15mins.

Turn heat down. Mash and stir beans with a potato masher in the skillet with a little of the broth.

In the bowl of saved bean liquid-empty about 1/3 of the juice (the clear water that sets on top) and add ½ the beef broth, ketchup, and steak sauce (Optional). Pour over beans and meat mixture.

Add 1 rounded tablespoon of Chile Powder, pinch of cumin, pinch of celery seed and onion powder. If you need more liquid add it.

Simmer on low for 45mins. And add cheese the last 10 mins., to melt. Serves 8-10

Easy on the cheese you can always add more when served.

We usually have Garlic Bread with this meal.