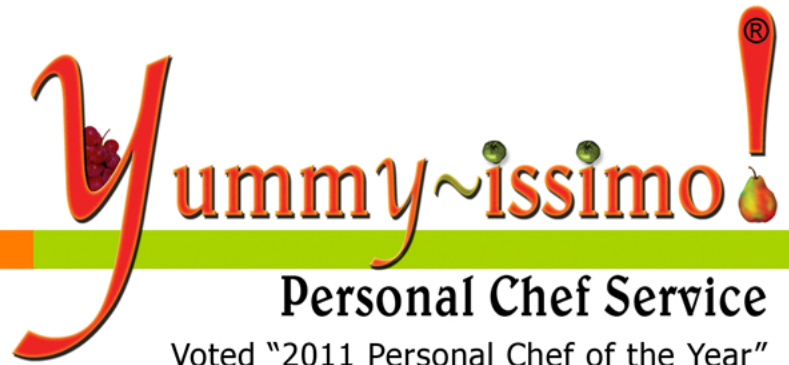


Crock Pot Chili



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 Best Caterer"

Start this before you leave for work and dinner will be ready when you get home

Serves 6

1 pound ground beef	2 red bell pepper, diced	1T cumin
1 pound ground sausage	2 jalapenos, diced	1 small bottle Paul Prudhomme's Blackened Steak Magic Seasoning (my secret ingredient)
2 onions, diced	2 ~ 16oz cans kidney beans, do not drain	
8 garlic cloves, finely minced	2 ~ 14oz cans diced tomatoes, do not drain	

In large skillet sprayed with non~stick cooking spray, brown ground beef and sausage together until cooked through. Using a heavy wooden spoon or metal spatula, mash the meat down while it's cooking into very small pieces. Drain as much of the fat off as possible.

Add all ingredients into crock pot sprayed with non~stick cooking spray. Cook on high for 60 minutes. Reduce heat to low and cook at least 6 hours.

To tailgate with this chili – cover and cool. Place crock on grill and heat.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by **meijer**

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com