

Chili for Disciples Kitchen

2 medium onions, ¼ inch dice
4 stalks celery, ¼ inch dice
1 green pepper, ¼ inch dice
vegetable oil
1 to 2 pounds lean ground beef or ground turkey
2 to 3 15 ounce cans diced no-salt tomatoes
tomato juice or tomato sauce as needed
1 pound red kidney beans OR 3 1 pound cans kidney beans
about 2 tablespoons chili powder, to taste

If using dry beans, soak in water to cover overnight. Next morning, simmer slowly in water to cover by 2 inches for 1 to 1 ½ hours until tender.

Saute onions, celery and pepper in heated oil about 5 minutes in a large sauté pan with cover. Set aside.

Brown ground beef/turkey in same pan. Add veggies back in. Add canned tomatoes. Add kidney beans. Season with salt, pepper and chili powder to taste. Thin with tomato juice or sauce if mixture is too thick. Cover and simmer very slowly for 1 to 2 hours.

May be made ahead and chilled or frozen.

Notes: All quantities are approximate. You may want to use a 5 or 6 quart Dutch Oven if you are using the larger quantities of meat, tomatoes and beans.