



Chili

Makes 16 portions (8oz portions)

Ingredients:

¼ cup	Olive Oil
4 lbs.	Ground Beef
2	Small/medium Onions minced
8	Garlic Cloves minced
24oz	Tomato Paste
2-15oz cans	Black Beans (drained)
4 tbsp	Oregano
2 pinches	White Sugar
4 tbsp	Chili Powder
1 tsp	Cayenne Powder
	Salt and Pepper to taste
4 cups	Water

Directions:

1. Add olive oil to large flat bottom pan and allow to heat up on medium/high heat.
2. Add ground beef and cook until browned, drain fat, and place to side.
3. Cook the garlic and onions until softened.
4. Add water and tomato paste to the pan and bring to a simmer.
5. Add the black beans and the spices and allow to cook for 35 to 40 minutes or until the desired consistency is achieved.
6. Salt and Pepper to taste and enjoy.