## Chili

 teaspoon oil
 pound ground beef or turkey
 small onion, chopped
 green pepper, chopped
 stalks celery, chopped
 teaspoon chili powder
 teaspoon garlic powder
 OR 1-2 cloves garlic, minced
 teaspoon black pepper
 teaspoon salt
 15 ounce cans tomato sauce
 OR 6-8 fresh or frozen tomatoes, Peeled, cut-up and drained

1-151/2 ounce can kidney beans, drained

- Put oil in large saucepan. Add ground meat, onion, green pepper and celery. Fry until meat is brown. Drain fat.
- 2. Put meat-vegetable mixture back into the pan. Add seasonings, tomatoes and kidney beans. Stir.
- Bring Chili to boil, then simmer for at least 10 minutes.
  If you use whole tomatoes, simmer at least 30 minutes.



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