

Chili

Ingredients

- * 1 medium onion
- * 1 to 1 ½ pounds grass-fed beef
- * Olive oil
- * 4-6 cans of beans – can be mixed, chilli style, kidney, navy, or any other favourites
- * 2 cans tomato sauce
- * Salt
- * Pepper
- * Chilli powder
- * Hot sauce

Method

Heat olive oil over medium heat, fry onion and add grass-fed beef. Fry only until all the pink is nearly out. Some pink is fine as cooking it later will ensure it is completely cooked. Pour mixture into a slow cooker, add beans, tomato sauce, spices to taste and simmer on a low heat for at least 4 hours stirring occasionally.