

Chili

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 1 onion

Pantry Staples

- Salt
- Pepper
- chili powder
- cumin
- cayenne,
- Extra Virgin Olive Oil

Canned and dry goods

Vegetables:

- 2 15-ounce can of chili beans
- 1 14.5 ounce can dice tomatoes
- 1 14-ounce tomato paste

Meat and Dairy

- ½ pound of ground beef, ground turkey, or meatless substitute