

Mom's

Crockpot Chili

Prep: 15-20 minutes

Cook: 3-4 hours



Serves: 8

Ingredients:

- 1 lb. of ground turkey or beef
- 2 diced bell peppers (any color)*
- 1-2 diced onions of any kind *
- 16oz pack of sliced mushrooms*
- 1 can of corn*
- 1 can of black beans *
- 64oz of tomato juice
- 2 cans of diced tomatoes
- 1 tbsp. chili powder
- 1 tbsp. garlic (minced)
- 1 tbsp. of Worcestershire sauce
- 1 tbsp. Brown Sugar
- 1 tbsp. basil
- 1 tbsp. salt
- 1 tsp. cumin
- 1 tsp. of cocoa powder

*=optional (You can add or take out so much with this recipe. Have fun with it!)

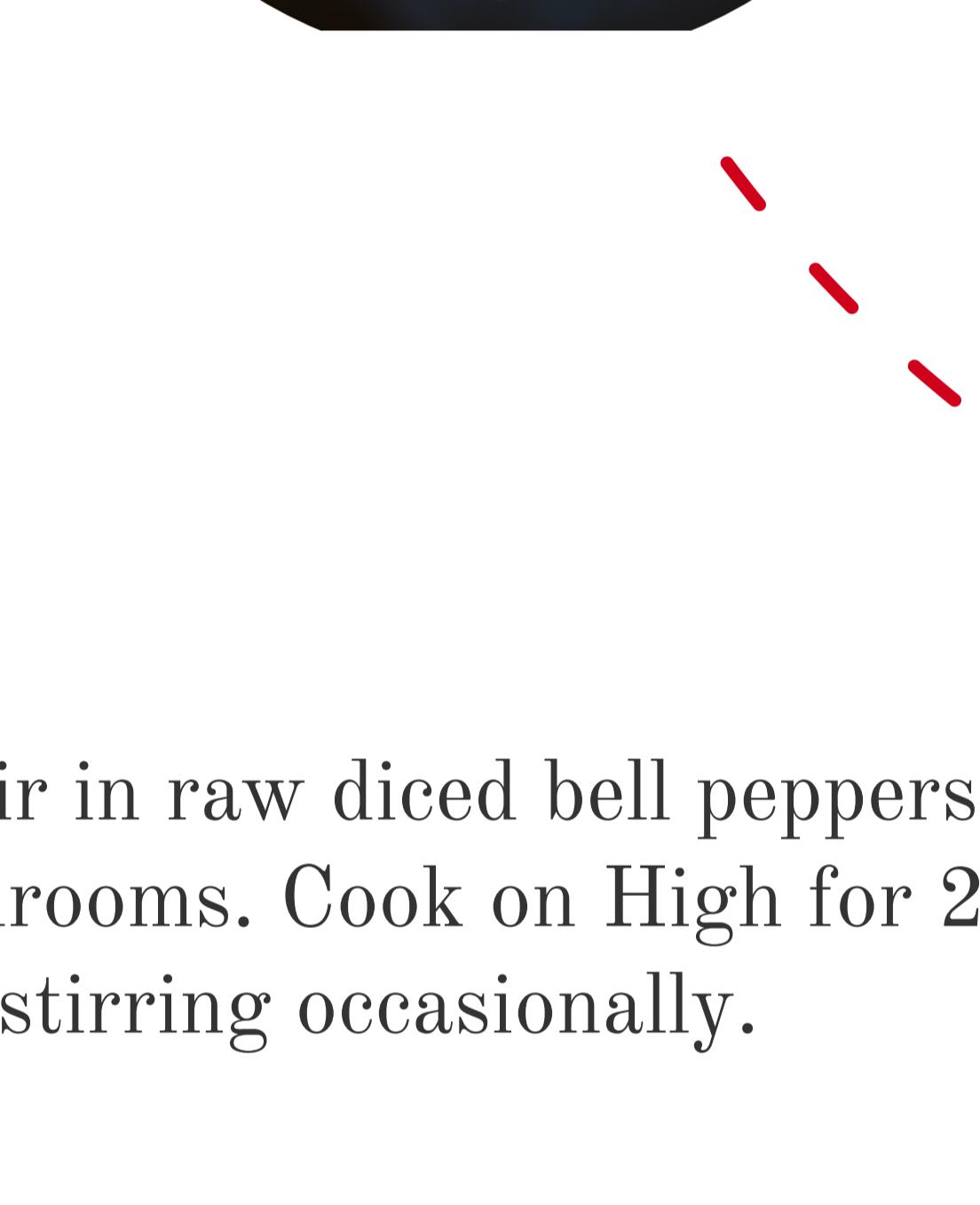


Follow these 4 easy steps:



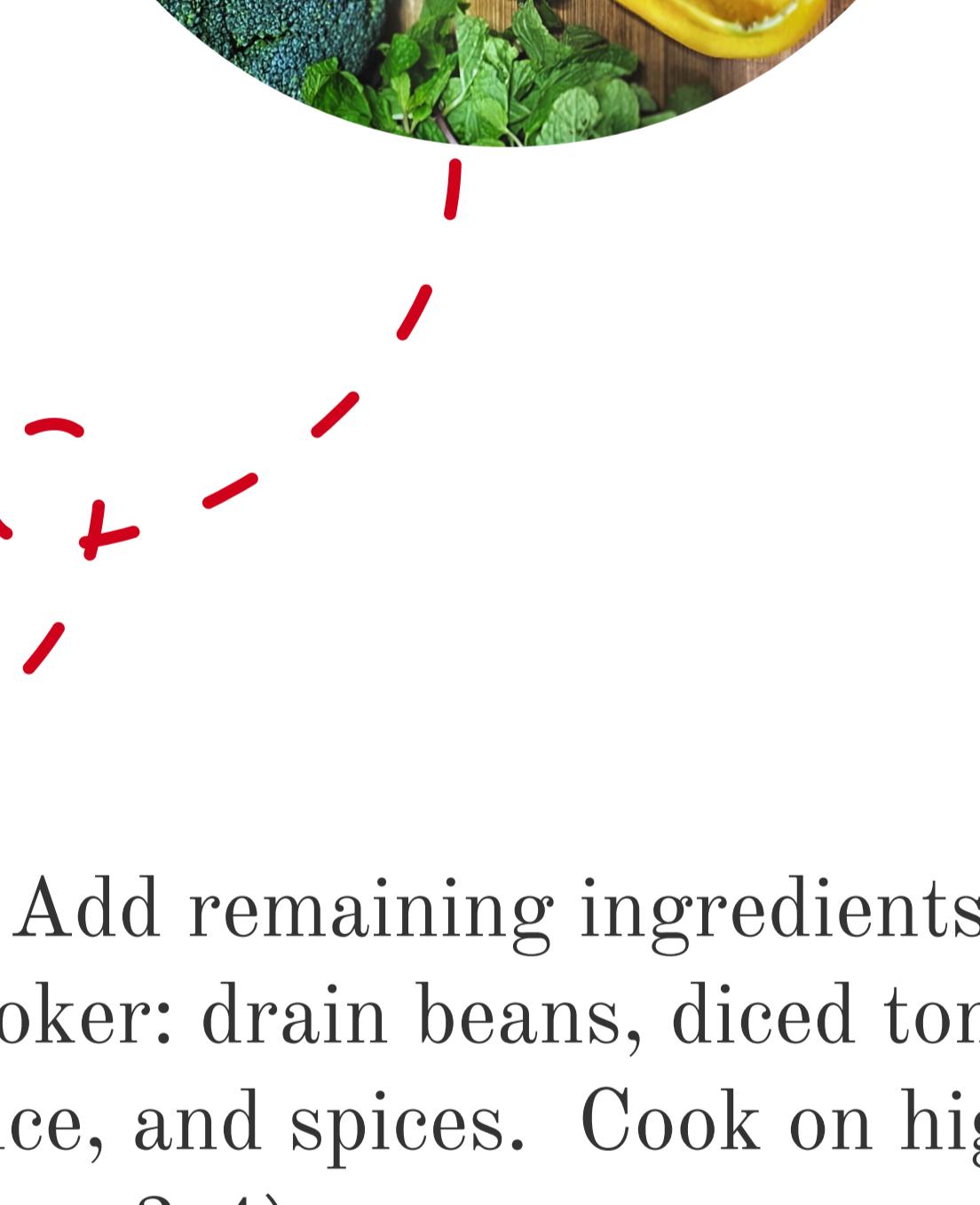
1

1. Place a large skillet over medium-high heat and sauté meat until browned (4-5 minutes), breaking it up with a spatula.



2

2. Add onion to the skillet and sauté until tender (4-5 minutes). Transfer meat and onion to crock pot. Pour and stir tomato juice over mixture.



3

3. Stir in raw diced bell peppers and mushrooms. Cook on High for 2 hours (3-4) stirring occasionally.



4

4. Add remaining ingredients into the slow cooker: drain beans, diced tomatoes with their juice, and spices. Cook on high for 1-2 hours (Low 3-4).



5

5. Make sure vegetables are cooked all the way through. Continue on High or Low until all vegetables are tender.

 And voila! It's done!