

CHILLI
for THE GOOD SHEPHERD CENTRE

3 lbs - GROUND BEEF (medium ground)
1 cup - ONION (chopped)
2 - GREEN PEPPERS (seeded, chopped)
3 - GARLIC CLOVES (minced)
3 - 19 oz. cans RED KIDNEY BEANS (drained)
2 - 19 oz. cans TOMATOES (diced)
3 tbsp. - CHILI POWDER (do not exceed)
2 - BAY LEAVES
- SALT and BLACK PEPPER (to taste)
2 cups - CHEDDAR CHEESE (medium or old, grated)

Cook GROUND BEEF in large pan with ONION, GARLIC, and GREEN PEPPERS until red colour in beef disappears.

Stir in KIDNEY BEANS, TOMATOES, CHILI POWDER, PEPPER and BAY LEAVES.

Simmer approximately ONE HOUR, tasting and adjusting seasoning.

Transfer to aluminum container. Top with CHEDDAR CHEESE and leave head room for lid.

DO NOT BAKE. COOL. SEAL THE LID TIGHTLY. FREEZE.

NOTE:

Bring the **frozen** chilli with you to Church *on the last Saturday/Sunday of the month* (labelled: “Chilli”, the date prepared, and the Parish name) and leave it in the freezer in the Parish Hall at St.John’s. It will be picked up later by Good Shepherd and taken in their refrigerated van to their kitchen.