

# Chili

- 1 lb gr. beef (opt) or ground beef say (opt)
- 12 fresh mushrooms
- 1 large onion minced
- 1 red bell pepper "
- 1 small tin Kernel corn or  $\frac{1}{4}$  Cup frozen corn
- 1 can navy beans drained & rinsed
- 1 " kidney " " "
- 1 " black beans " "
- 1 " romano " " "
- 1 - 284 Can tomato soup
- 1 small can tomato paste
- 1 litre tomato juice or 1 - 796 Can tomatoes
- 1 tsp salt
- 3 tablap chili
- $\frac{1}{2}$  tsp Crushed red chilies
- $\frac{1}{4}$  Cup sugar