

Chili con carne

- 1 cup (250 mL) chopped onion
- 2 garlic cloves, minced
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 1 to 2 tablespoons (15 to 25 mL) oil
- 1 pound (500 g) ground beef
- Salt and pepper to taste
- 14 oz. (398 mL) red kidney beans, drained
- 28 oz (796 mL) canned tomatoes
- 1 to 2 tablespoons (15 to 25 mL) chili powder
- 1 tablespoon (15 mL) vinegar (optional)

In medium saucepan, brown onion, garlic and peppers in oil. Add ground beef. Season with salt and pepper and fry until no longer pink inside. Add kidney beans, canned tomatoes, chili powder, and vinegar (if using.) Simmer 45 minutes to one hour, stirring frequently.

■ **TASTE-TESTER NOTES:** I skip the vinegar and sometimes used diced tomatoes in place of regular canned tomatoes. Either way, for a complete meal, serve chili over rice and top with grated cheddar cheese. Taco chips are another accompaniment.

Serves 4 to 6.