

RECIPE: CHILIVILLE CHILI

BAKING

Brown sugar, 0.98 oz.

CANNED FOOD

Tomato paste, 1 can or 6 oz.

Diced tomatoes with green peppers and onions, 3 cans or 43.5 oz.

Kidney beans, 2 cans or 32 oz.

CONDIMENTS & OIL

Worcestershire sauce, 0.5 fl. oz.

MEAT

Ground beef, 16 oz. or 1 lb.

Ground, mild, sweet, or hot Italian sausage (suggested brand: Johnsonville), 1 package or 16 oz.

SPICES & SEASONINGS

Red pepper flakes, 0.03 oz.

Chili powder, 0.54 oz.

Cumin seeds (ground), 0.14 oz.

VEGETABLES

Celery, 3 ribs/stalks

Garlic, 3 cloves

Onion (medium), 1

MISCELLANEOUS

Beef broth, 1 can or 14.5 oz.

OPTIONAL

Shredded cheddar cheese, to sprinkle