

# Chili



- 1.5 pounds lean ground beef (grass fed)
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 1 can red kidney beans, rinsed and drained
- 1 bottle of Frontera Chili starter
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

Cook the onions, garlic and pepper with the ground beef in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain.  
Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.