



Chili



Ingredients: (Serves 4-6)

2 tablespoons olive oil
1 large green or red pepper,
chopped
2 large onions, chopped
2 (16 ounce) cans kidney or red
beans (1 more can for thicker
chili)
2 (16 ounce) cans crushed
tomatoes

5-6 ounces ketchup
1 (12 ounce) can of beer
2 tablespoons brown sugar
2 tablespoons Worcestershire
sauce
3-4 tablespoons chili powder
or to taste

Directions:

Sauté peppers and onions in olive oil until tender. Add remaining ingredients and bring to a boil. Then simmer, covered, for about 30 minutes.

Editor's note: [Add one can of whole kernel corn and one cup of cubed raw butternut squash for a richer chili. Or serve the chili with cornbread.]