

Chili

1 lb ground beef (lean)
1 chopped onion
3 chopped garlic cloves
3 cup chopped fresh tomato
1.5 cup dried kidney bean
1 tbsp chilli powder (amount of chilli is your preference)
10 drops of Lea & Perrin
5 drops of tobasco
1 tbsp sugar
Salt and Pepper to taste

Directions

1. Sautee the ground beef in a hot pan till golden. Take the beef off the pan.
2. Sautee the onion, garlic on the same pan.
3. Add the fresh tomato and the beans.
4. Add the ground beef back to the pan.
5. Bring to boil and then lower the heat (simmering).
6. Add the chilli powder and cook for 35 minutes.
7. Check to see the bean is tender.
8. Add the rest ingredients and check the seasoning.

*Soak the dried kidney bean overnight in cold water. Or to use the canned kidney bean instead.

*You may add mushroom to the chilli

*You may put shredded cheese on top at the end and bake for 8 minutes in the oven (350F)

*For vegetarian option, substitute ground beef with tofu.