

CHILI CON CARNE

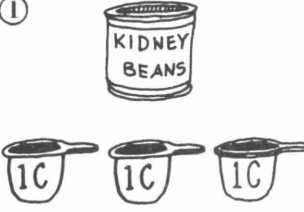
For 6 servings, about 3/4 cup each, you need:

- 3 cups kidney beans, cooked or canned, drained
- 1 clove garlic
- 1 medium-size onion
- 1/2 green pepper
- 1 tablespoon fat or oil
- 1/2 pound ground beef
- 2 cups tomatoes, cooked or canned
- 2 or 3 teaspoons chili powder, as you like
- 1 teaspoon salt

MENU SUGGESTION

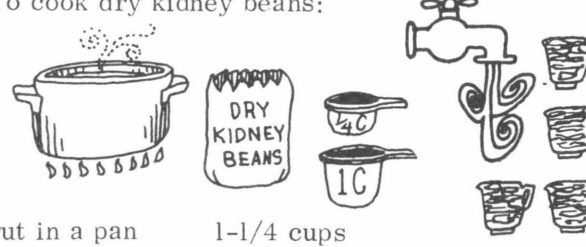
- Summer Squash
- Lettuce Salad
- Cornbread
- Apple Betty
- Milk Coffee

①



Drain 3 cups kidney beans, cooked or canned.

To cook dry kidney beans:



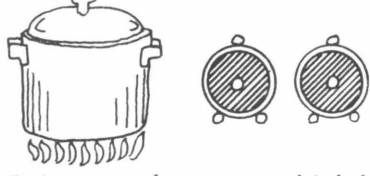
Put in a pan and boil 2 minutes....

1-1/4 cups washed, dry kidney beans.

and 4 cups water.




Remove pan from heat. Cover pan. Soak beans 1 hour or overnight. Add 1 teaspoon salt.



Put covered pan over high heat. Bring to boiling, being careful liquid does not boil over. Lower heat. Cook about 2 hours until beans are tender.

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Finely chop 1 clove garlic.

Chop 1 medium-size onion.

Chop 1/2 green pepper.



Heat 1 tablespoon fat or oil in a large fry pan.

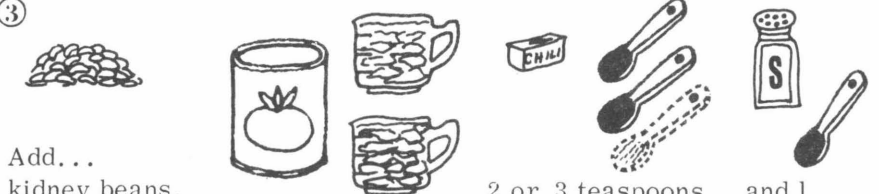


Add... onion, green pepper, and 1/2 pound ground beef.



Brown lightly over medium heat.


③



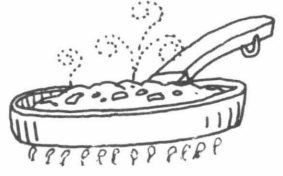
Add... kidney beans, garlic, and 2 cups tomatoes, cooked or canned,

2 or 3 teaspoons chili powder, as you like,

and 1 teaspoon salt.



Cover pan. Cook over low heat about 25 minutes.



Uncover during last few minutes of cooking to thicken, if you like.

SMART SHOPPER RECIPE

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