



**Chili Recipe (single batch)**

1½ lb lean ground beef  
Large onion, chopped  
8 oz can tomato sauce  
14.5 oz can diced tomatoes  
2 15½-oz cans chili beans  
2 tbsp chili powder  
½ tsp cayenne pepper  
1½ tsp ground cumin  
1½ tsp dried oregano  
Salt & pepper, to taste

Brown meat and onions, then drain fat.

Add tomato sauce, diced tomatoes and chili beans.

Stir to mix well.

Add all spices, stirring again.

Cover and simmer over low heat for at least 1 hour, stirring occasionally.

May be made in advance and frozen for up to 1 month. Please bring defrosted in a disposable plastic container (not a Ziploc bag).

**Vegetable Beef Soup (single batch)**

1 lb ground beef  
1 med onion, chopped (about 1/2 cup)  
3 medium potatoes, diced  
46-oz can “Spicy” V-8 juice  
28-oz frozen mixed vegetables  
3 cups water  
Tabasco sauce  
Worcestershire sauce  
Salt & pepper, to taste

Brown meat and onions, then drain fat.

Add remaining ingredients.

Stove: Simmer over low heat at least 30 minutes.

Crock Pot: Minimum 4 hours on Low.

May be made in advance and frozen up to 1 month. Please bring defrosted in a disposable plastic container (not a Ziploc bag).