

Slow Cooker "Skyline" Chili

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INGREDIENTS:

- 2 pounds ground meat (we used my dad's deer meat and it was so good!)
- 1 large onion, minced
- 1 teaspoon garlic powder
- 1 cup (8 ounces) tomato sauce (the jar I used was only 7.5 oz and it worked)
- 2 cups water
- 1 teaspoon Worcestershire sauce
- 1 tablespoon vinegar
- 1 teaspoon salt
- ½ teaspoon black pepper
- 4+ teaspoons chili powder (based on taste, we used 6 tsp)
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- 1 ½ cups cooked kidney beans (optional - I omitted this since the hubby doesn't like beans)
- Cheese
- Whole-wheat or whole-grain Noodles

DIRECTIONS:

- 1 In a skillet, brown the ground meat.
- 2 Pour into 5 quart crock.
- 3 Stir in onion, garlic powder, tomato sauce, water, Worcestershire, vinegar, salt, pepper, chili powder, cinnamon, and allspice.
- 4 Cover and cook on low for 8 hours.
- 5 1 hour before done, add kidney beans (if using)
- 6 Boil desired pasta.
- 7 Layer noodles in bowl, add chili, and top with cheese.

Yield : 8 servings

*Use organic ingredients when feasible. This reduces your exposure to toxic pesticides.