



## Chili



1 can kidney beans  
1 lb hamburger  
1 sweet onion, chopped (divided)  
Garlic Salt  
Salt/Pepper  
1/4 tsp chili powder  
1/2 tsp red pepper seeds  
1/2 cup green pepper, chopped  
2 – 8 oz. cans tomato sauce  
1 can petite diced tomatoes  
1/3 cup water (or so)  
grated cheese (optional)

Brown hamburger and add 3/4 chopped onion and green pepper. Cook until vegetables are soft, 10 minutes or so. Add the rest of the ingredients (except for the grated cheese and 1/4 chopped onion) and simmer at least 30 minutes or all afternoon. Serve with grated cheese and remainder of the chopped onion.

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