

Kate’s Dump Chili

This makes a “double recipe” feel free to half

All cans are 15 oz unless otherwise specified

2 pounds ground beef

1 lg red onion or 2 smaller yellow onions, chopped

5 tbsp. chili powder

2 tbsp. cinnamon

2 cans tomato sauce

2 can diced tomatoes

2 cans black beans

2 cans chili beans in chili sauce

2 4oz cans mild green chilies

2 tbsp honey

1 tsp cumin

Pepper and salt to taste (I don’t add any salt)

Brown beef with onion and half the chili powder.

Add all other ingredients including other chili powder and let simmer for about 15-20 min. If serving a crowd, you can put in crock pot on low and it will keep all afternoon. Freezes well!