

Jan Bolena's Chili Recipe

2 lbs Ground Beef

3 tsp. Chili Powder

1 tsp. Cumin

Garlic Powder (to taste)

2 - 3 cups Water

1 can Ro*Tel Tomatoes (can use regular canned diced tomatoes)

2 - 3 cans Beans (I use a combination of Kidney Beans, Pinto Beans, and Black Beans)

1/4 - 1/2 cup Cornmeal (add water to mix in)

Brown the meat in a large pot. Drain off the fat. Add chili powder, cumin, and garlic powder. Pour in water and simmer for an hour or so. Then add tomatoes and beans and simmer a while longer. Add a little water to the cornmeal and then add that to the chili. Simmer and stir until cornmeal is mixed in well and chili has thicken slightly.

Serve with grated sharp cheddar cheese, chopped onions, and sour cream.