

College of Nursing and College of Optometry

Chili Tasty Pair: A Little Sweet - A Little Spice

Ingredients:

- 1 1/2 pounds ground beef**
- 1/2 teaspoon salt**
- 1 tablespoon chili powder**
- 2 teaspoons ground cumin**
- 2 tablespoons vegetable oil**
- 1 (10.5 oz) can condensed cream of onion soup**
- 2 teaspoons unsweetened cocoa powder**
- 1/2 teaspoon ground black pepper**
- 2 (15 oz) cans kidney beans, keep liquid from one can**
- 1 cup coke cola (not diet type)**
- 1 (8 oz) can tomato sauce**
- 1 (6 oz) can tomato paste**
- 1 Habanero Hot Pepper (remove seeds)**
- 1/2 tsp. tabasco sauce**
- 1 tsp. liquid smoke**

Directions:

Place crumbled beef in skillet and cover. Cook over low heat 20 minutes. Do not drain. Put soup in blender; blend 1 minute, add soup to beef, mash beef, cover and simmer 5 minutes.

Heat oil in crock pot. Add chili powder, cumin, cocoa powder, black pepper, habanero and salt.

Add beef mixture to crock pot. Add, beans, cola, tabasco sauce, liquid smoke, tomato sauce, and tomato paste.

Cover and simmer on low for 6 hours or on high for 2 hours.

Servings: 6