



Crock Pot Chili

Serves 4-6

Ingredients:

- ¼ cup olive oil
- 1 yellow onion chopped
- 1 lb of sweet Italian sausage, removed from casings
- 1 lb ground beef
- 1 teaspoon of ground black pepper
- 1 can (6 oz) of tomato paste
- 3 cloves of garlic minced or pressed
- 3 teaspoons ground cumin
- 3 teaspoons chili powder
- 2 tablespoons Dijon style mustard
- 1 teaspoon salt
- 1 tablespoon dried basil
- 1 tablespoon dried oregano
- the juice from half of a lemon
- 1 can (28 ounces) of chopped Italian tomatoes, NOT drained
- 4 tablespoons (1/4 cup) of fresh parsley chopped
- 1 can (15 oz) dark red kidney beans, rinsed and drained
- 1 can (6 oz) pitted black olives drained.

Instructions:

1. Heat olive oil and add chopped onions. Cook over a low heat until translucent-about 8 minutes.
2. Crumble sausage and ground beef into the pan and brown.
3. Once meat is mostly brown pour it all (fat included) into the crock pot and set to low.
4. Add the rest of the ingredients and stir. Set to low and put a lid on it.
5. Let sit on low for 1-2 hours...no longer than 3 hours.
6. you can complete this recipe on the stove top as well. Just simmer and stir with no lid for about 20 minutes.