

**Chili, Crockpot**  
**Really Old-Fashioned Chili with Salsa Cruda**  
By: Not Your Mother's Slow Cooker Cookbook

**Ingredients:**

2 lbs ground sirloin, turkey or chicken  
2 medium-size yellow onions, chopped  
1 medium-size green, yellow or red bell pepper, seeded and chopped  
3 garlic cloves, minced  
2 (15 oz) cans red kidney beans, rinsed and drained  
2 (15 oz) cans diced tomatoes, with their juice (fire roasted diced tomatoes is an option)  
1 (8 oz) can tomato sauce  
1 1/2 cups beef broth, chicken broth or water  
2 tbsp chili powder or mild chili powder  
1/2 tsp oregano  
1/2 tsp ground cumin  
Salt and Pepper to taste

**Chili Instructions:**

1. In a large skillet over medium heat, cook the ground sirloin, onion, bell pepper and garlic until the meat is no longer pink, breaking up any clumps. Drain off the fat.
2. Transfer to the crockpot.
3. Add beans (all), tomatoes, tomato sauce, broth, chili powder, oregano and cumin.
4. Stir to combine.
5. Cover and cook on LOW for 8-9 hours.

**Salsa Cruda**

**Ingredients:**

3-4 large ripe tomatoes, finely chopped  
1 small red onion, finely chopped  
1 jalapeno, seeded and minced  
1/3 cup chopped fresh cilantro  
Juice of 1 lime (2 tbsp)  
Garlic powder to taste or minced garlic to taste  
Salt to taste

**Salsa Instructions:**

1. Combine all the ingredients in a bowl and refrigerate until serving.
2. If make the salsa the night before, add cilantro and lime juice just before serving.
3. Do not freeze the salsa. Prepare a few hours before serving.

**Freezer Instructions:**

1. Brown meat, onions, pepper and garlic in skillet until no longer pink and vegetables are tender.
2. Place in meat mixture in ziploc bag.
3. Place beans, tomatoes, tomato sauce and spices in ziploc bag.
4. Thaw all ingredients.
5. Place beef mixture in bottom of crockpot.
6. Add bean and tomato mixture.
7. Add beef broth. Stir to combine.
8. Cover and cook on LOW for 8-9 hours.

**Cooker:** Medium round or oval

**Setting:** Cook on LOW for 8-9 hours; salt added during the last hour

**Serves:** 8-10 The LAST hour season with salt. Or, season when serving.

**JOYCE LANDE, HAPPY AND HEALTHY LIFESTYLES**

www.happyandhealthylifestyles.com | joyce@happyandhealthylifestyles.com | 847-754-1593

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