

# Chili

Ingredient	US	Non-US
lean ground beef	2 pounds	
1 can tomato juice	46 fluid ounces	
1 can tomato sauce	29 ounces	
1 can kidney beans, drained and rinsed	15 ounces	
1 can pinto beans, drained and rinsed	15 ounces	
chopped onion	1 ½ cups	
chopped green bell pepper	¼ cup	
ground cayenne pepper	1/8 teaspoon	
white sugar	½ teaspoon	
dried oregano	½ teaspoon	
ground black pepper	½ teaspoon	
salt	1 teaspoon	
ground cumin	1 ½ teaspoons	
chili powder	¼ cup	

## Cooking Instructions:

1. Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain and crumble.
2. In a large pot over high heat combine the ground beef, tomato juice, tomato sauce, kidney beans, pinto beans, onions, bell pepper, cayenne pepper, sugar, oregano, ground black pepper, salt, cumin and chili powder. Bring to a boil, and then reduce heat to low. Simmer for 1 ½ hours. (If using a slow cooker, set on low, add ingredients, and cook for 8 to 10 hours.)