

'Here's The Beef' Chili (Slow Cooker)

Dick Dickson - Hudson's West Warren

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 5

*1 large white onion,
chopped
1 large green bell pepper,
chopped
1 1/2 pounds stew beef, cut
in cubes
5 medium tomatoes
3 cups V-8 juice
1 clove garlic, minced
1 package hot chili mix
1 can (24 ounce) hot chili
with beans
1/2 to one envelope dry
onion soup mix
1 teaspoon chili powder
1 teaspoon onion, powder
1 teaspoon garlic powder
1/2 teaspoon seasoned salt
1/2 teaspoon pepper
1/2 teaspoon paprika*

In a skillet, brown the beef cubes, onion and green pepper. Season with garlic, pepper and seasoned salt.

In a slow cooker, combine the beef with the remaining ingredients.

Cook on LOW for about three hours or until the beef is cooked.

Season to taste.

Per Serving (excluding unknoc items): 47 Calories; 1g Fat (1 calories from fat); 2g Protein; Carbohydrate; 2g Dietary Fib; 0mg Cholesterol; 154mg Soc Exchanges: 0 Grain(Starch); Lean Meat; 2 Vegetable; 0 F; Other Carbohydrates.