

# Ray`s Chili

*Ray Clement - Hudson's Northland*

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

*1 clove garlic  
2 1/2 pounds ground beef  
1 onion, finely chopped  
salt  
pepper  
chili powder  
2 cans (15 ounce ea)  
kidney beans  
1 can (28 ounce) tomatoes  
cayenne pepper  
3/4 teaspoon cumin seeds  
3 dashes hot pepper sauce  
1/2 green bell pepper, sliced*

Rub the skillet with a garlic clove. In the skillet, brown the ground beef with onion, salt and pepper to taste. Drain.

Add the kidney beans, tomatoes, cayenne pepper, cumin and hot pepper sauce. Place green pepper slices on top.

Heat to boiling. Reduce the heat and simmer for 45 minutes.

Per Serving (excluding unknown items): 4838 Calories; 305g Fat (56.9% calories from fat); 27g Protein; 242g Carbohydrate; Dietary Fiber; 965mg Cholesterol; 925mg Sodium. Exchanges: Grain(Starch); 33 Lean Meat Vegetable; 45 1/2 Fat; 0 Other Carbohydrates.