

Ro Cober Simply Chili

1 large onion, chopped

1 large pepper, chopped or a mixture of peppers

olive oil

1 large can red kidney beans

1 lb of chopped beef or mixture of meats

1 large can pureed tomatoes

4 tbsp chili seasoning (I make my own)

hot sauce if you wish to add

cooked rice

Saute the onion and pepper in olive oil. Add beans and let meld for five minutes. Add the tomatoes and seasoning. Stir well, let cook on low heat for 45 minutes. Serve over rice if you wish, we do!

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