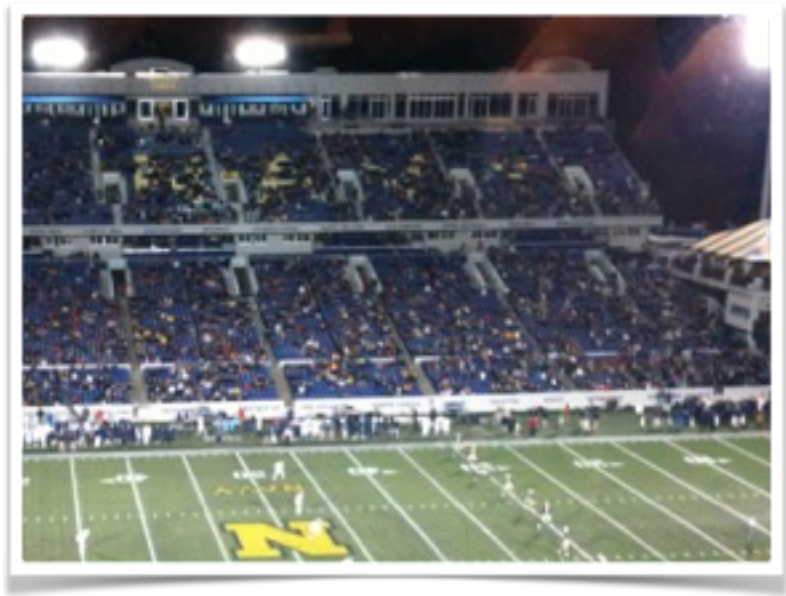


# Game Day Chili

This recipe comes courtesy of my mama, and has been a family tradition on game day get-togethers. It's amazing both with and without meat, so if you're looking for a vegan chili that is closer to ballpark chili than vegetable soup, this is your recipe. I like to serve mine with a variety of topping options: shredded organic cheddar cheese, organic sour cream, oyster crackers, sliced avocados, and rolled tortilla chips. It also freezes well, and tastes even better on days #2 and 3. And when you read the directions- I didn't leave out a step. You don't want to drain the ground beef after browning. That fat will be important in allowing this chili to freeze and reheat without scalding.



Ingredient	Amount		Scaled amount	
Organic 85% lean ground beef	1	lb	2	lb
Large white or Vidalia onion, chopped	1	----	2	----
Garlic cloves, pressed	3	----	6	----
Organic ground cumin	3	tbsp	6	tbsp
28 oz. Canned crushed tomatoes	4	----	8	----
Organic broth (beef or vegetable)	1	cup	2	cup
15 oz. can organic red kidney beans	1	----	2	----
Organic worcestershire sauce	2	tbsp	4	tbsp

	Recipe serves	Prepared for
	4	8

## Method

1. Brown beef and onions together with garlic in a large stock pot over medium heat. (To make this vegan, omit beef and saute onions and garlic in 3 tbsp extra virgin olive oil)
2. Add cumin and stir for 3 minutes.
3. Add tomatoes, broth, and beans (if omitting beef for vegan option, add 1 can each of cannellini beans and black beans). Bring to a boil.
4. Add Worcestershire sauce and reduce to simmer. Add salt and pepper to taste. Simmer until ready to serve.
5. Refrigerate or freeze leftovers.