Dinner, Soup, Gluten-Free, Dairy-Free, Quick

Pantry Chili			
SERVES: 4 to 6	PREP TIME:	PREP TIME: 10 minutes COOK TIME: 30 minute	
INGREDIENTS			
 1 pound ground beef or turk drained 			unce) can kidney beans or black drained and rinsed
□ 1 (15 ounce) can tomato sauce or diced tomatoes OR 2 (10 oz) cans of Rotel tomatoes		□ 2 to 3 TI	bsp. taco seasoning
□ 1 (14.5 ounce) can of beef b	oroth		
DIRECTIONS			
1. In a medium saucepan, combine all the ingredients.			
2. Bring to a boil. Then reduce to a simmer. (Medium-low heat)			
3. Allow to simmer for 20 to 30 minutes.			
4. Enjoy with your favorite chili toppings.			
NOTES			
This recipe is meant to clean out those random cans in the pantry. Each time you make the recipe, it could be a little different.			
Taco seasoning: 1 Tbsp. Dehydrated onion, 6 tsp. Chili powder, 5 tsp. Paprika, 4 ½ tsp. Cumin, 3 tsp. Onion powder, 2 ½ tsp. garlic powder			

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