

Chili

(from Disciple Delights Cookbook)



2 large onions, chopped

3 cloves garlic, minced

1 jalapeno pepper, finely chopped

1 Tbsp. oil

3 lb chili meat

1 tsp. cumin seed

1 $\frac{1}{2}$ tsp. oregano

1 $\frac{1}{2}$ oz. bottle chili powder

1 (28 oz.) can tomato sauce

3 $\frac{1}{2}$ c. water

1 to 3 tsp instant corn mesa
(optional)

Saute onion, jalapeno pepper, and garlic in oil until tender. Combine meat, cumin seed and oregano in a large pan. Cook until meat is browned. Add onion mixture, chili powder, tomato sauce, and water. Bring to a boil, reduce heat and simmer 2 or 3 hours, stirring frequently. For thicker chili, combine a small amount of water to make paste. Add to chili, stirring constantly.