

# SUPER SIMPLE AUTUMN CHILI

## Ingredients

- 2 tablespoons olive or vegetable oil
- 1 lb ground beef or turkey
- 1 medium onion, chopped
- 1 chopped bell pepper
- 1 tablespoon minced garlic (buy it pre-minced in a jar)
- 1-2 tablespoons chili powder (to taste)
- 1 (15 oz) can of beans, drained (any kind: kidney, black, pinto, etc)
- 1 (14.5 oz) can of tomato sauce
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 1 jalapeño pepper (optional), split lengthwise and deseeded
- 4 oz grated cheddar cheese

## Directions

- In a large saucepan, heat the oil and add the meat
- Brown the meat using a wooden spoon to break the meat into small pieces for 5 minutes
- Add the chopped onions, bell pepper and garlic. Continue stirring until onion is translucent.
- Add chili powder, beans, tomato sauce, salt and pepper, and jalapeño
- Simmer for 30 minutes
- Serve hot in a bowl with cheddar cheese sprinkled on top.