



## Lo-Carb Chili

**3 lbs. ground beef**

**1 small onion, chopped**

**3 (28 oz) Cans Green beans**

**Chili powder to taste**

**Red pepper to taste**

**2 Green peppers, chopped**

**2 T minced garlic**

**2 (28 oz) Cans diced tomatoes**

**Salt & Pepper to taste**

**Dash hot sauce**

**In a cast iron frying pan, brown ground beef with onions, peppers, and garlic. Drain. Add remaining ingredients and bring to a boil. Reduce heat. Simmer covered all day. Serve over rice or with cornbread, if desired.**

*Meredith Curtis*