



HERE FOR YOU

Easy Crockpot Chili Recipe



Easy Crockpot Chili

- Tools you will need:
 - Crock pot
 - Can opener
 - Scissors
 - Sharp chopping knife
 - colinder
 - Ladle
 - Cutting board
 - Dry measuring cups
 - Wooden spoon or spatula

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- Ingredients you will need:
 - 2 cans Diced Tomatoes
 - 1 lb Ground Meat or two dry cups of TVP (textured vegetable protein)
 - ¼-1/2 cup Chili powder, salt and pepper as desired
 - 3-4 cups of Vegetable suggestions: onions, bell peppers, mushrooms, carrots, corn
 - Beans, any kind: 1cup dried or 1 can (rinsed and drained)

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- Step 1:
 - Turn on pot 8-9 hours before dinner and set to low
 - Add 2 cans of low sodium diced tomatoes



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- Step 2:
 - Add 1lb of meat or the TVP (you will need to add 1-1.5 cups of water with TVP)
 - Add chili powder, ½ cup if you like it medium to hot for spiciness
 - May add sea salt and pepper, about 1-2 teaspoons each and any other desired spices or herbs

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- Step 3:
 - Mix everything well with a wooden spoon or firm spatula
 - You can either allow this to cook for a few hours before adding vegetables or add right away



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- Step 4:
 - Add desired vegetables and stir well
 - I prefer to add mine halfway through or so they keep a vibrant colour and are not slimy
 - Turn pot off an hour before eating
 - Garnish with shredded cheddar or a dollop of Plain Greek Yogurt