

Secret Ingredient Slow Cooker Chili



Recipe for a 7-quart slow cooker
Serves 6 - 8

Ingredients:

- *2 Large onions (white or yellow) chopped*
- *2 green peppers, chopped*
- *5 garlic cloves, minced*
- *½ cup grated carrots (optional) **This is the secret ingredient that will sweeten the bitterness and acidity in the tomatoes.***
- *1 (14 ounce) can of diced tomatoes, drained*
- *1 Tablespoon cumin*
- *Salt and pepper to taste. (I like to add this at the end of cooking)*
- *1 teaspoon cayenne pepper (You can add more or less depending on how spicy you like your chili)*
- *1 - 2 Jalapeno pepper (optional if you like heat in your chili)*
- *About 2 cups of beef broth and/or salsa (enough to coat all vegetables plus an inch or two more.) If chili gets too thick, you can add water, more broth or salsa during the last hour of cooking time.*
- *2 - 3 pounds ground beef, cooked and drained*
- *2 (14 ounce) cans of kidney or pinto beans (You can also do 1 can of each.)*

Directions:

1. *Add everything except the ground beef and canned beans to the slow cooker.*
2. *Cover and cook on low for about 3 hours or 2 hours on high.*
3. *Add the cooked ground beef and cans of beans. Cook for another 5 - 6 hours on low or 2 - 3 hours on high.*
4. *When cooked, you can taste test and season with salt and pepper as desired.*
5. *Top with cheese of your choice like cheddar or shredded Mexican blend, onions, sour cream, black olives, tortilla chips. The possibilities are endless.*

Tips: If you want to make things even easier, buy the vegetables already chopped. That way, you can throw everything in the slow cooker quickly.

You can brown the meat ahead of time and freeze it. The day before you make the chili, defrost the meat. and it's ready to add to the chili.