



Somethin' In The Oven With Shana Lovin is on KRIG 104.9 FM every Wednesday morning at 8:15:

Easy Chili

- 1 lb ground beef or turkey
- 3 (15 oz) cans diced tomatoes with chiles (Rotel)
- 2 (15oz) cans beans (chili, kidney, black, whatever you like)
- 1 small onion, diced
- 2 Tbsp chili powder

(Optional toppings: cheese, sour cream, etc....)

In a large stockpot, cook meat and onion over med-high heat until browned, stirring frequently. Drain the excess grease. Add remaining ingredients and stir to combine. Bring to a boil, then reduce heat to med-low, cover, and simmer for at least 15 min.

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