



TACO CHILI

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ONE BATCH MAKES 12 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Beef, ground (or ground bison or turkey)	2 pounds	4 pounds	6 pounds	8 pounds
Tomatoes, crushed or diced	28 ounces	56 ounces	84 ounces	112 ounces
Salsa, gluten free	15 ounces	30 ounces	45 ounces	60 ounces
Corn, frozen	10 ounces	20 ounces	30 ounces	40 ounces
Red Kidney Beans, canned, drained and rinsed	15 ounces	30 ounces	45 ounces	60 ounces
Black Beans, canned, drained and rinsed	15 ounces	30 ounces	45 ounces	60 ounces
Minced Onion, dried	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Salt	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Chili Powder, gluten free	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Cumin, ground	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Cornstarch	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Garlic, dried minced	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Red Pepper, dried crushed (optional)	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Oregano, dried	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon

Brown ground beef until cooked though. Drain well. Mix the rest of the ingredients in the slow cooker. Mix in the cooked meat. Cook on low for 6 to 8 hours.

Serve with tortilla chips or gluten free corn bread.

To freeze: After cooking the ground beef, put all ingredients for one batch into a gallon sized freezer bag, remove as much air as possible, seal, label and freeze.