

# Easy But Great Chili

*Estelle Capps - Riverside, IL*

*Treasure Classics - National LP Gas Association - 1985*

**Yield: 6 to 8 servings**

*3 pounds good ground  
chuck beef  
1 package (14 ounce)  
chopped frozen onions  
1 can (26 ounce) tomato  
soup  
1 can (10 ounce) tomato  
soup  
1 can (15-1/2 ounce) kidney  
beans  
3 tablespoons chili powder  
3 teaspoons cumin  
salt (to taste)  
pepper (taste)*

**Preparation Time: 15 minutes****Cook Time: 20 minutes**

Brown the beef in a large pot. Drain the excess fat, if necessary.

Add the onion and cook until wilted.

Add the tomato soup, beans, chili powder, cumin, salt and pepper.

Simmer about 20 minutes, stirring often.

Best when served with oyster crackers.

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Per Serving (excluding unknown items): 920 Calories; 11g Fat (9.7% calories from fat); 52g Protein; 169g Carbohydrate; 58g Dietary Fiber; 0mg Cholesterol; 1690mg Sodium. Exchanges: 10 Grain(Starch); 3 Lean Meat; 2 Vegetable; 1 1/2 Fat.