

1 to 1 1/2 pounds of ground beef  
 1/2 medium onion, chopped  
 1 Tbs. olive oil  
 1 14 ounce can of diced tomatoes  
 1 14 ounce can of tomato sauce  
 1 14 ounce can of red pinto beans  
 2 to 3 Tbs chili powder  
 1 Tbs ground cummin  
 salt and freshly ground black  
 pepper

#### A WORD ABOUT CHILI POWDER

*Chili powder is a blend of dried ground chili pods and other spices such as cummin and oregano.*

*Penzeys is a good source for Chili powder. They offer regular chili powder (rich flavor, deep color and very little heat); medium hot chili powder (good rich flavor that's not too hot) and hot chili powder (for those who like their chili hot and flavorful).*

*All of Penzeys' spices are available on their website, but if there is a retail store nearby, it is well worth a visit. Their spices are much fresher than what you find in the supermarket, and also cheaper.*

## Chili

*Chili was always part of our traditional meal for Halloween dinner. It could be made in advance and didn't interfere with trick-or-treating. Hot dogs were served with the chili.*



Sautee the onions in the olive oil until the onions are soft. Add the ground beef and chili powder and brown the beef.

Add the diced tomatoes, tomato sauce and pinto beans and heat through. Season with salt and pepper to taste.

Serve with chopped onions, grated cheddar cheese, and sour cream on the side.

