Chunky Chili * (makes 4 1/12 cup servings)
I usually add an extra can of bean and get something like 8 servings out of this. Seriously.

 Ingredients:

1 pound lean ground beef *(I love local, grass fed lean beef, so that's my number one choice for this recipe) but ground chicken or turkey works great, too. I will sometimes cut the meat by 1/4 to a 1/2 and increase the amount of beans, or simply go all beans, no meat. It all just depends on what my body wants).*

1 medium onion, chopped

1 tablespoon chili powder

1 1/2 teaspoon ground cumin

2 cans (16 ounces each) diced tomatoes, undrained

1 can (15 ounces) pinto beans, rinsed or drained. *I often substitute with whatever beans I have on hand – black beans work well, and I love them. If I'm making this without meat, I'll add 3 cans of beans – all different (black, white, and pinto is my favorite combo). I also use regular beans instead of canned. Just make sure you soak them first.*

1/2 cup prepared salsa *My favorite time to make this chili is when we have fresh home-made salsa – my husband, John, makes a mean salsa, but if that's not available, I simply use the most natural salsa I can find at the store. Pace works in a pinch and has no corn syrup.*

Salt and Pepper

1/2 cup (2 ounces) shredded Cheddar cheese

1 Tablespoon sour cream or Greek yogurt

4 teaspoons sliced black olives

Directions:

Heat large skillet over medium heat. Add meat and onion; cook until meat is browned and onion is tender. Drain fat. Place meat mixture, chili powder, cumin, tomatoes, beans, and salsa in slow cooker. Stir. Cover and cook on LOW 5-6 hours or until flavors are blended and chili is bubbly. Season with salt and pepper to taste. Serve with cheese, sour cream and olives. *(Goes great with a green salad on the side).*

* from the Slow Cooker Recipe Collection cookbook

This is the one dish that consistently gets raves from my husband. I think he's even called it spectacular. (Okay, maybe that was me, but it really is one of his favorites).

Let me know how it turned out for you.