

Crockpot Chili and Cornbread

Ingredients:

- 1 TBS olive oil
- 1 medium yellow onion -diced
- 1 green bell pepper, diced
- 1 large carrot, diced into small pieces
- 2 cloves minced garlic
- pound lean ground beef OR turkey
- 2 1/2 TBS chili powder
- 2 TBS ground cumin
- 1 tsp oregano
- 1 tsp paprika
- 1 15 oz can diced tomatoes
- 15 oz can red kidney beans, drained and rinsed
- 1 15 oz can pinto beans, drained and rinsed
- 1 8 oz can of tomato sauce
- 2 cups beef broth
- 1 1/2 tsp salt
- 1 box jiffy corn bread mix
- 1/2 cup shredded cheddar cheese

Directions

1. Spray crockpot with olive oil spray. Add all ingredients, except corn bread mix to the crockpot. Gently mix. Cook on low for 4 hours. Stirring occasionally.
2. Mix corn bread mix according to package instructions. Add cheese to the mix if desired (its so yummy!)
3. Stir chili well, and taste. Add salt if needed. Pour cornbread batter on top of chili, and spread out with a spatula.
4. Replace lid, and cook for about an hour on high, or until you can pierce cornbread with a fork with no residue OR
5. After pouring cornbread batter on top, place crockpot (without lid) in 400 degree oven for 20 minutes.
6. Add toppings and enjoy!

MADE WITH LOVE

by Teresa Forchard