

2 hour Chili Recipe

Ingredients:	2 lb. ground beef 4 Tbsp water 1 Tbsp vegetable oil 2 tsp each - Worcestershire sauce, cocoa, ground cumin, oregano, salt, sugar 1/2 Tbsp Tabasco sauce 1 large onion 1-1/2 Tbsp chili powder 2 cans kidney beans 3 cup canned tomatoes
Notes:	main course
Instructions:	Preheat dutch oven to 325 degrees. Heat oil. Brown ground beef. Add onion and cook until it turns clear. Add all ingredients except kidney beans. Lower heat to 250 degrees. Simmer 1 hour covered. Add kidney beans. Cook 1 hour uncovered.
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