

## Cornmeal Chili Recipe

<b>Required:</b>	
<b>Ingredients:</b>	3 lb ground chuck 6 Tbsp chili powder 1 Tbsp oregano 1 Tbsp cumin 1 Tbsp salt 1/2 Tbsp cayenne pepper 1 tsp Tabasco 1 tsp minced garlic 1 1/2 quart water 1/4 cup white corn meal
<b>Notes:</b>	main course
<b>Instructions:</b>	Preheat Dutch oven to 325 degrees. Brown beef and drain fat. Add all ingredients except corn meal. Heat to boiling. Reduce heat to 250 degrees and simmer covered for 90 minutes. Skim off excess fat. Stir in corn meal. Simmer uncovered for 30 minutes, stirring occasionally.