

CHILI

1 lb. Lean ground beef

1 onion minced

1 can (16 oz) kidney beans

1 can (8 oz) tomato sauce

1 t salt, dash pepper

(optional) $\frac{1}{2}$ C macaroni, cooked and drained

$\frac{1}{4}$ to $\frac{1}{2}$ C water

2 T chili powder

Brown beef and onion: Add remaining ingredients. Simmer about 15 minutes. Add more water if needed. Add chili powder to taste.