**Chili**

**Ingredients:**

20 oz. ground beef

1 onion, medium dice

2 cloves garlic, minced

2 cups tomatoes in juice, chopped

1/3 cup tomato paste

2 cups red kidney beans

1 Tbsp. Worcestershire sauce

2 Tbsp. chili powder

1 Tbsp. paprika

1 Tbsp. 6 pepper blend (optional)

1 tsp. cumin

½ tsp. oregano

2 cups veal stock

Salt and pepper to taste

**INSTRUCTIONS**

**Wednesday:**

1. Mise en place all ingredients.
2. Put them on your tray with this recipe and your group assignment, wrap them, and put it in the fridge.

**Thursday:**

1. Chop the onions and garlic.
2. In a large pot, cook the ground beef until is it cooked through. Drain some of the grease, but make sure to leave some in the pan.
3. Add the garlic and onions and cook until the onions are soft; about 7-8 minutes. Season with salt and pepper.
4. Add the chili powder, paprika, 6 pepper blend (if you are using it), cumin, and oregano. Let this cook for about 3 minutes.
5. Transfer the meat mixture into as small of a container as possible. Put back on your tray with your papers, wrap, and put in the cooler.

**Friday:**

1. Reheat the meat mixture in a large pot.
2. Add the tomato paste, beans, Worcestershire sauce, veal stock, and the chopped tomatoes. Bring this to a simmer and let cook for at least 15 minutes.
3. Season to taste.
4. Enjoy.