

VirtualWayne's Chili with beans



Ingredients

1 pound ground beef
1 diced onion
1 diced Bell pepper
1 14.5 oz can pinto beans
1 14.5 oz can dark red kidney beans
2 14.5 oz cans Italian-style diced tomatoes
1 tbsp chili powder
1 tsp ground cumin seed
1 tsp salt
½ tsp black pepper
¼ tsp cayenne pepper

Directions

Brown the beef. (I brown it in the slow cooker.) Mix all ingredients in a slow cooker and simmer for a few hours. Stir every 20 - 30 minutes but keep the lid on as much as possible.