

Shiggs Chili

2 lbs extra lean ground beef

1 Large white onion

2 bell peppers (red/orange/yellow, not green)

2 ~15oz cans black beans, drained and rinsed

2 ~15oz cans kidney beans, drained and rinsed

1 (30oz ?) large can tomato sauce with puree in it (it's thicker)

2 Tbs chili powder

1 Tbs paprika (smoked paprika is really good too, smokey flavor)

1 Tbs garlic powder

1 Tbs onion powder

1/2 Tbs cumin

1 Tsp black pepper

1/2 Tbs salt (more to taste after cooked for a while)

1/4 cup ketchup (or just 1 tsp sugar works too)

1/4 cup Franks red-hot (or Louisiana style hot sauce)

at least 2 Tbs scotch-bonnet pepper sauce (This I bring from Barbados directly, so you could sub like 1/4 of a scotch-bonnet pepper or just omit or sub with another West-Indian or Caribbean hot sauce)

at least 4 qt Crockpot or large stockpot

- 1.) Begin by layering onion cut into medium-sized pieces on the bottom, all the ground beef, then some tomato sauce, then beans and rest of tomato sauce plus all spices and hot sauces and ketchup into crockpot. (If using a pot on the stove, brown beef first in a little oil then throw everything else in) - OMIT BELL PEPPERS
- 2.) Cook on high for 3 hours stirring every half-hour to hour until beef is cooked through and broken up and no longer 1 big chunk. (If in pot, cook on medium for 1 hour then down to low for rest of time once simmering)
- 3.) After 3 hours, turn crockpot to low for remaining 3 hours (if pot, just leave on low). Also now add bell peppers. Keep stirring every hour or so, and adjust seasoning here
- 4.) Enjoy!