



Southern Hospitality at HAND

Watch



with **Edie Hand**

Sundays at 2:30 EST

on FamilyNet

www.Rxhealthylife.com

TAILGAITING CHILI

2 pounds 85% lean ground beef	Brown hamburger, drain and set aside. Saute onions, pepper, garlic, and olive oil until onions turn translucent.
2 onions, chopped	
1 green bell pepper, chopped	
Extra virgin olive oil to drizzle	
2 tsp minced garlic	
2 tbsp chili powder	
1 tsp salt	
½ tsp cayenne pepper	
½ tsp cumin	
1 tsp paprika	
1 large can chopped tomatoes	Add hamburger and onion mixture to pot. Add tomatoes, tomato sauce, ketchup, brown sugar, spices, and stir until incorporated.
1 small can tomato sauce	
2/3 cup ketchup	
1 tbsp brown sugar	
1 can of pinto beans, drained	Add beans and let simmer for at least 30 minutes uncovered.



Southern Sisters

RESTAURANT & GRILLE

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