

Southwestern Black Bean Chili

From: Jackie R.

1 pound ground turkey or beef
1cup chopped onion
2 cloves of garlic, finely chopped
1/2c each chopped green and red peppers(I use one whole pepper each)
2(16oz) cans Kuner's Chili Tomatoes
1tsp. cumin or to taste
1/2-1TBSP dried oregano leavecrushed
1/2-1 tsp. ground allspice
2(15oz) cans Kuner's Black Beans--1 plain, 1 with spices
1(17oz) can Kuner's Corn with Peppers--drain if desire
1/2tsp. cayenne pepper
Shredded Cheddar Cheese
Cook meat until no longer pink, drain. Stir in onion, garlic, bell peppers and Chili Tomatoes with juice, cumin, oregano and allspice. Reduce heat and simmer mixture covered for 30 minutes, stirring occasionally. Add Black Beans and Corn with Pepper, cook 15 minutes longer. Serves 6-8