

AMERICAN CHILI CON CARNE

2 pounds beef
4 tablespoons butter
4 medium onions, sliced
2 cups canned or strained stewed tomatoes
2 cups canned red kidney beans
4 celery stalks, chopped
1 teaspoons salt
t teaspoon red pepper (flakes)
1 teaspoon chili powder

Wipe beef with cold, damp cloth*. Cut into small cubes. Melt butter in pan. Saute meat and onions in butter until nicely browned . Put in kettle. Add tomatoes, beans, celery, salt, and pepper. Simmer 1 ½ hours. Add chili powder and simmer 30 minutes more. Serve hot. Serves 6 to 8.

*This is no longer a safe practice. USDA research has found that washing or rinsing meat or poultry increases the risk for cross-contamination in the kitchen, which can cause food borne illness. From a food safety perspective, washing raw poultry, beef, pork, lamb or veal before cooking it is not recommended as the safest method.

Recipe from: myretrorecipes.com