

## Recipe For: Chili



### Ingredients:

2 Lbs Ground Beef or Turkey,  
(cooked and drained)  
1 Can Kidney Beans  
(drained and rinsed)  
1 Can Black Beans  
(drained and rinsed)  
2 - 28 oz. Cans Crushed Tomatoes  
2 Large Bell Peppers, chopped  
1 Large Yellow Onion, chopped  
3 Cloves Garlic, minced  
2 tbsps. Chili Powder  
2 tsp. Dried Oregano  
Salt & Pepper

### Directions:

In large pan, cook peppers, onions, and garlic in a little olive oil until soft. Then add chili powder and oregano and cook another few seconds. Add beans, crushed tomatoes, and meat and simmer for 20 minutes. Season with salt and pepper.



Serve over rice  
with grated  
cheddar cheese  
and sour  
cream!



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## Recipe For: Cheesy Garlic Mashed Potatoes



### Ingredients:

5 lbs. Potatoes, peeled and  
chopped into 1" chunks  
10 cloves Garlic, peeled  
(2 per lb.)  
2 sticks of butter, sliced  
2.5 Cups Cheese  
(cheddar or other, grated)  
1/4 cup Parsley, chopped  
Salt  
Pepper

### Directions:

Boil potatoes and garlic until potatoes are tender (30-40 min). Drain and hand mash potatoes and garlic. Mash in sliced butter. Stir in parsley, salt, and pepper to taste. Stir in most of the cheese and put into a pie dish or foil pan. Sprinkle remaining cheese over top and bake in oven at 400°F for 30 min or until crispy on top.



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