

## Spiced Chili

1 lb. ground beef  
½ cup chopped onion  
1 clove of garlic  
1 can of kidney beans  
1 can tomato sauce or soup  
1 can stewed tomatoes  
1 cup water  
½ cup chili powder  
1 tablespoon of salt  
1 tablespoon pepper  
1 teaspoon oregano and marjoram  
1 tablespoon brown sugar

Cook beef and onion over medium heat until the meat is no longer pink. Add the garlic, cook 1 minute longer - Drain if necessary. Transfer to slow cooker. Stir in the beans, tomato sauce, tomatoes, water and seasonings. Cover and cook on low for 4-5 hours.

Dorothea Otte