

# Award Winning Chili

This recipe makes 1 ½ - 1 ¾ medium trays or 9 - 10 cups\*

[Live. Life. Simple's: Award Winning Chili](#)

## Ingredients:

1 bell pepper chopped	15 oz can black beans	1 tsp smoked paprika
1 large onion chopped	15 oz can diced tomatoes (fire roasted if you want spicy)	2 tbsp chili powder
1.5 lbs. Ground beef	6 oz tomato paste	1 tbsp minced garlic
2 cups broth of choice	1 Jalapeno diced (optional)	1 tbsp worcestershire
15 oz can kidney beans	1 tbsp dried oregano	2 tsp salt
15 oz can pinto beans	2 tsp Cumin	1 tsp pepper



## Directions: (This recipe can be done in an instant pot or a crock pot)

1. In a frying pan or instant pot, Saute onion and pepper, if using an instant pot, use the saute button
2. In a separate pan brown the ground beef, then rinse fat and grease and towel off to remove as much fat as possible
3. Once the onions and peppers are sauteed and tender, add them to crock pot if using one
4. Add broth, ground beef, diced tomatoes, optional jalapeno and tomato paste to the pot
5. Drain and rinse all of the beans and add to the pot
6. Add oregano, cumin, salt, pepper, paprika, chili powder, garlic, worcestershire to the pot
7. Mix thoroughly and put lid on instant pot or crock pot
8. For the instant pot use the bean or chili setting and cook for 20 minutes, if making this in a crock pot, cook for 3-4 hours
9. Add chili to parchment lined freeze dryer trays and add tray dividers in the 10 portion setting.
10. I strongly recommend freezing chili before freeze drying!
11. You may also consider a tray of toppings such as cheese, sour cream, cilantro etc.
12. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 36 hrs in medium fd using 22.85 KWh of electricity

**Rehydration:** for 1/10th portion square add ½ C Hot Water and stir, and let sit covered for 5 min, stir and let sit 3-5 additional



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray