

# SARA'S NYC CROCK POT CHILI

## INGREDIENTS

- 2 lbs. Protein (Ground Turkey, Ground Beef or replace 2 cans of beans)
- 29 oz. of tomato sauce
- 29 oz. stewed or diced tomatoes
- 1 cup of mushrooms
- 1.5 TBSP of chili powder
- 1.5 tsp of oregano
- 1.5 tsp of cumin
- 1.5 tsp of paprika



## INSTRUCTIONS

1. Precook meat and store in fridge to save time.
2. Add and stir all ingredients in the crock pot.
3. Cook on HIGH for 4 hours or LOW for 6 to 8 hours.