

Stein Hospice Menu for More  
January Recipe  
Shelby's Chili Recipe  
AND  
Chili Leftover Recipe

**Shelby's Chili Recipe**

**\*\*Note:** Can be made in a pot on the stove or in a crockpot.

**Ingredients:**

- 1 lb. ground Beef
- 29 oz. of tomato sauce
- 15.5 oz Brooks Mild Chili Beans
- 1.25 oz (1 pack) McCormick Mild Chili Seasoning
- Sour cream (optional)
- Shredded cheddar cheese (optional)
- Ritz Crackers (optional)

**Instructions:**

1. Pan-fry your ground beef until thoroughly cooked. Drain grease and dump meat into your pot or crockpot.
2. Add tomato sauce, chili beans and chili seasoning and mix well.
3. If cooking on stove, simply heat until everything is warmed through. If cooking in crockpot, cook on low for 6-8 hours. (The longer the chili cooks, the better it tastes. However, it can easily be cooked on the stove and make a quick delicious meal).
4. Evenly distribute into 3 containers (2 bowls for eating now and one Tupperware container for leftovers)
5. Serve hot and top with sour cream, shredded cheddar cheese and Ritz crackers if desired.

**Leftover Chili Recipe**

**Ingredients:**

- 4 bell peppers (color of choice)
- Minute Brown Rice
- Mozzarella Cheese
- Leftover Chili

**Instructions:**

1. Preheat oven to 350 degrees
2. Prepare 2 servings of the Minute Brown rice as directed on the box.
3. While the rice is cooking, wash the peppers. Cut the tops off the peppers and remove the seeds.
4. When rice is finished cooking, remove and let cool slightly.
5. Place your four peppers into your baking dish.
6. Layer the rice and chili (keep chili cold from refrigerator) evenly inside each pepper until full.
7. Bake the peppers for 25 minutes. Remove from oven.
8. Add shredded mozzarella cheese as desired on top of each pepper.
9. Place back into the oven and bake until cheese is melted.
10. Serve warm.