



BEEF CHILI

Here's how to make about six to eight servings of beef chili.



- _____1. Get browned ground beef (about 1 pound), with onions, fat drained.
Get pot.
Get two 14.5 ounce cans stewed tomatoes.
Get can opener, if needed.
Get two 15 ounce cans pinto beans.
Get spoon.
Get apple cider vinegar.
Get measuring spoons.
Get brown sugar.
Get chili powder.
Get salt.
Get black pepper.
Get long handled spoon.
Get ladle.



- _____2. Keep meat and onions in same pot used for browning.
Or, put browned meat and onions into new pot.



_____3. **Careful!** Open cans of stewed tomatoes.



_____4. Put stewed tomatoes into pot.



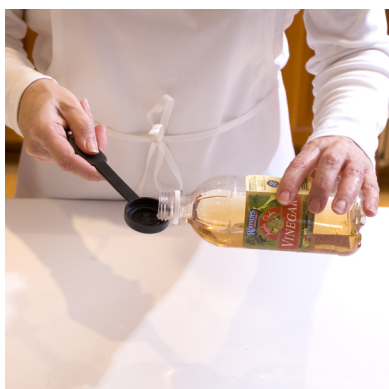
_____5. **Careful!** Open cans of pinto beans. Lids stay on.



_____6. **Careful!** Drain liquid from bean cans. Lids off.



_____7. **Careful!** Put pinto beans into pot.



_____8. Measure 2 tablespoons apple cider vinegar.



_____9. Put apple cider vinegar into pot.



_____10. Measure 1 tablespoon brown sugar.



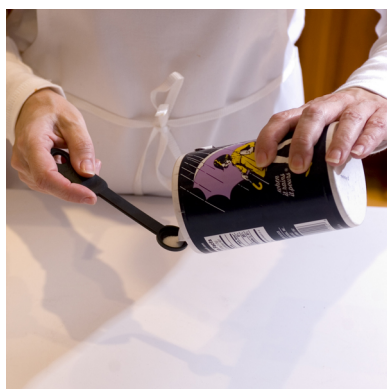
_____ 11. Put brown sugar into pot.



_____ 12. Measure 6 tablespoons chili powder.



_____ 13. Put chili powder into pot.



_____ 14. Measure 1/2 teaspoon salt.



____15. Put salt into pot.



____16. Measure 1/2 teaspoon black pepper.



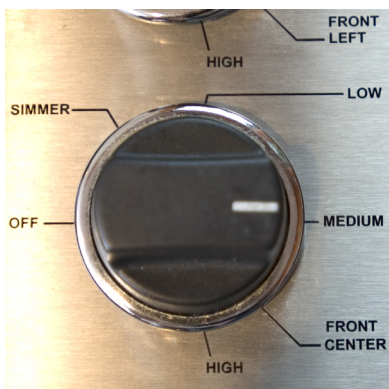
____17. Put black pepper into pot.



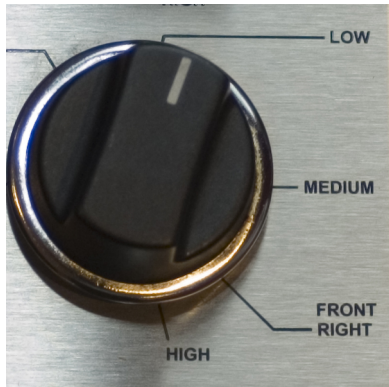
____18. **Careful!** Mix.



_____ 19. Put pot on to stove.



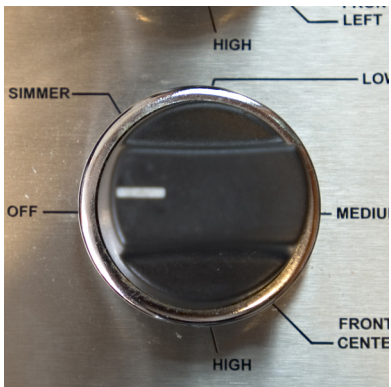
_____ 20. Turn on stove to medium.



_____ 21. Turn stove to low when chili simmers.



_____ 22. **Careful!** Stir occasionally.
Simmer for about 1 hour.



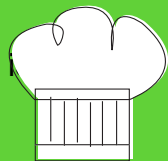
_____23. Turn off stove.



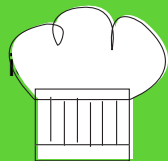
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Here's how to make about six to eight servings of beef chili.

- _____ 1. Get browned ground beef (about 1 pound), with onions, fat drained. Get pot. Get two 14.5 ounce cans stewed tomatoes. Get can opener, *if needed*. Get two 15 ounce cans pinto beans. Get spoon. Get apple cider vinegar. Get measuring spoons. Get brown sugar. Get chili powder. Get salt. Get black pepper. Get long handled spoon. Get ladle. Get about one pound of browned ground beef, with onions, fat drained, a clean pot (this should be a big pot), two 14.5 ounce cans stewed tomatoes, a clean can opener, *if needed*, two 15 ounce cans pinto beans, a clean spoon to scoop out the pinto beans from the cans, apple cider vinegar, a clean set of measuring spoons, brown sugar, chili powder (if there is a choice, go with mild), salt, black pepper, a clean long handled spoon and a clean ladle.
- _____ 2. Keep meat and onions in same pot used for browning. *Or*, put browned meat and onions into a new pot. If you're not using the same pot the meat was browned in, put the browned meat and onions into a pot.
- _____ 3. **Careful!** Open cans of stewed tomatoes. Using the can opener or the pop top lids, open the cans of stewed tomatoes. Throw away the lids.
- _____ 4. Put stewed tomatoes into pot. Using your one hand, hold each can, one at a time, around the middle and tilt it down and over the pot. Pour the tomatoes into the pan. If needed, use your other hand and the spoon to spoon out the tomatoes from the cans and into the pan. Throw away the cans.
- _____ 5. **Careful!** Open cans of pinto beans. Lids stay on. Using the can opener, or the pop top lids, open the cans of pinto beans, but don't take off the lids completely.



- _____ 6. **Careful!** Drain liquid from bean cans. Lids off.
Using one hand or both hands, hold each can of pinto beans, one at a time, and press down on the lid.
Turn the can of pinto beans upside down over the sink so the liquid drains from the can.
Be careful to hold the lid in place so the beans do not fall out of the can.
Turn the can around so that it is no longer upside down.
Take off the lid and throw it away.
- _____ 7. **Careful!** Put pinto beans into pot.
Using your one hand, hold the can around the middle and tilt it down and over the pot.
Using your other hand and the spoon, spoon out the beans from the can and into the pot.
Throw away the can.
- _____ 8. Measure 2 tablespoons apple cider vinegar.
Using the measuring spoons, measure two tablespoons of apple cider vinegar.
- _____ 9. Put apple cider vinegar into pot.
Put the apple cider vinegar from the measuring spoons into the pot.
- _____ 10. Measure 1 tablespoon brown sugar.
Using the measuring spoons, measure one tablespoon brown sugar.
- _____ 11. Put brown sugar into pot.
Put the brown sugar from the measuring spoon into the pot.
- _____ 12. Measure 6 tablespoons chili powder.
Using the measuring spoons, measure six tablespoons chili powder.
- _____ 13. Put chili powder into pot.
Put the chili powder from the measuring spoons into the pot.
- _____ 14. Measure 1/2 teaspoon salt.
Using the measuring spoons, measure one half teaspoon salt.
- _____ 15. Put salt into pot.
Put the salt from the measuring spoon into the pot.



- _____ 16. Measure 1/2 teaspoon black pepper.
Using the measuring spoons, measure one half teaspoon black pepper.
- _____ 17. Put black pepper into pot.
Put the black pepper from the measuring spoon into the pot.
- _____ 18. **Careful!** Mix all ingredients in pot.
Using your one hand, hold the pot so that it's steady.
Using your other hand and the long handled spoon, carefully mix together all the ingredients until well blended.
Try to mix slowly and carefully to keep all of the ingredients in the pot.
- _____ 19. Put pot on to stove.
Put the pot on to a stove burner.
- _____ 20. Turn on stove to medium.
Turn on the stove burner to a medium heat.
- _____ 21. Turn stove to low when chili simmers.
Turn the stove burner to a low heat once the chili starts to simmer.
- _____ 22. **Careful!** Stir occasionally. Simmer for about 1 hour.
Using your one hand, hold the pot so that it's steady and safe.
Using your other hand and the long handled spoon, stir the chili every twenty minutes or so while it is cooking.
Cook the chili, at a simmer, for about one hour.
- _____ 23. Turn off stove.
Turn off the stove burner.