ᓂᕿᓕᐊᒃᓴᖅ Recipe ᓯᓂ ᑳᓐ ᑳᓐ ᖃᔪᖅ Chili Con Carne Soup

INGREDIENTS
• 2-15 oz canned beans
• 1 lb ground meat
• 1 onion

• 3 tsp. minced garlic
• 2-12 oz. cans of diced tomatoes
• 1-8 oz can tomato sauce

• 3 tsp. garlic powder
• 6 tsp. chili powder
• 1 tsp. of cayenne pepper
• salt and pepper to taste

ᐃᓚᒃᓴᖏᑦ
• 2-15 ᐊᐅᔾ ᖃᑦᑖᕐᔪᒃ ᐲᓐᓂᓯ
• 1 ᐸᐅᓐᑦ ᓯᖃᓕᓯᒪᔪᖅ ᓂᕿᓪᓚᕆᒃ
• 1 ᐊᐃᓂᐊᓐ
• 3 ᐊᓘᑎᐊᓛᖅ ᒑᓕᒃ ᐊᒡᒍᖅᓯᒪᔪᖅ
• 2-12 ᐊᐅᔾ ᖃᑦᑖᕐᔪᑦ ᑐᒪᐃᑐᐃᑦ ᐊᒡᒍᑯᓘᔭᖅᓯᒪᔪᑦ
• 1-8 ᐊᐅᔾ ᖃᑦᑖᕐᔪᒃ ᑐᒫᑐ ᒪᒪᖅᓯᓕᕈᑎ
• 3 ᐊᓘᑎᐊᓛᖅ ᒑᓕᒃ ᒑᓕᒃ ᐸᓂᖅᑐᖅ
• 6 ᐊᓘᑎᐊᓛᖅ ᓯᓕ ᐸᓂᖅᑐᖅ
• 1 ᐊᓘᑎᐊᓛᖅ ᑲᐃᐋᓐ ᐸᐸ
• ᑕᕆᐅᖅ ᐊᒻᒪᓗ ᐸᐸ ᒪᒪᖅᓯᓕᕈᑎᒋᓗᒍ

ᐆᑦᑎᐊᕐᓗᒍ 1 ᐸᐅᓐ ᓯᖃᓕᓯᒪᔪᖅ ᓂᕿᓪᓚᕆᒃ ᐃᓚᓗᒍ ᐊᒡᒍᑯᓘᔭᖅᓯᒪᔪᖅ ᐊᐃᓂᐊᓐ ᐊᒻᒪᓗ 3 ᐊᓘᑎᐊᓛᖅ ᒑᓕᒃ ᐊᒡᒍᖅᓯᒪᔪᖅ ᐊᖏᔪᒧᑦ ᐅᒃᑯᓯᖕᒧᑦ. ᐃᓚᓗᒍ 2-15 ᐊᐅᔾ ᖃᑦᑖᕐᔪᒃ ᐲᓐᓂᓯ, 2-12 ᐊᐅᔾ ᖃᑦᑖᕐᔪᑦ ᑐᒪᐃᑐᐃᑦ ᐊᒡᒍᑯᓘᔭᖅᓯᒪᔪᑦ, 1-8 ᐊᐅᔾ ᖃᑦᑖᕐᔪᒃ ᑐᒫᑐ ᒪᒪᖅᓯᓕᕈᑎ, ᐃᖑᓚᕐᓗᒋᑦ ᑲᑎᓪᓗᒋᑦ. ᐃᓚᓗᒍ 3 ᐊᓘᑎᐊᓛᖅ ᒑᓕᒃ ᒑᓕᒃ ᐸᓂᖅᑐᖅ, 6 ᐊᓘᑎᐊᓛᖅ ᓯᓕ ᐸᓂᖅᑐᖅ, 1 ᐊᓘᑎᐊᓛᖅ ᑲᐃᐋᓐ ᐸᐸ, ᐊᒻᒪᓗ ᑕᕆᐅᖅ ᐊᒻᒪᓗ ᐸᐸ ᒪᒪᖅᓯᓕᕈᑎᒋᓗᒍ. ᐃᓚᓕᐅᑎᔪᓐᓇᖅᑐᑦ: ᖃᑦᑖᕐᔪᒥ ᑯᐊᓐ, ᖄᖓᓄᑦ ᑭᓂᖅᑐᖅ ᐃᒻᒧᖕᒥᑦ ᓴᐅᕗ ᑯᓖᒻ/ ᖁᓱᖅᑐᖅ ᓯᓯ. ᒪᒪᑲᓐᓂᕈᓐᓇᖅᑐᖅ ᐅᓚᐃᓯᖃᕈᓂ ᐅᒡᕙᓘᓐᓃᑦ ᑐᐊᑎᓚ ᓯᑉᔅ ᓴᓂᐊᓂ.

Brown 1 lb ground meat with a diced onion and 3 tsp minced garlic in a large pot. Add 2-15 oz canned beans, 2-12 oz. cans of diced tomatoes, 1-8 oz can tomato sauce, stir to combine. Add 3 tsp. garlic powder, 6 tsp. dark chili powder, 1 tsp. of cayenne pepper, and salt and pepper to taste. Optional: add a can of corn, or top with sour cream and/or cheddar cheese. Can be enjoyed served over rice or with tortilla chips on the side.

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Try
making
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