

Slow Cooker Harvest Chili

(Makes 8 servings)

- *1 medium onion, chopped
- *1 green bell pepper, chopped
- *4 garlic cloves, chopped
- *2 tsp chili powder
- *2 tsp ground cumin
- *1 tsp salt
- *½ tsp pepper
- *2 13 oz. cans diced tomatoes
- *3 15 oz cans beans (pinto, navy, black, or your favorite)
or 4 ½ cups cooked beans
- *2 cups peeled, chopped squash, such as butternut
- *4 large carrots, scrubbed and sliced
- *1 cup water
- *4+ leaves of kale, stems removed and chopped (add during last hour of cooking)

****You can use the following to add in as well.**

Veggies: Chopped spinach, green beans, hot or banana peppers, chopped sweet potatoes.

Protein: Chopped, ground, or cooked: chicken, beef, venison, or turkey

What you'll need

Cutting board

Crock pot

Knife

Measuring spoon

Measuring cup

Can opener

Slow cooker

DIRECTIONS

Combine all ingredients (except leafy greens) in the slow cooker, and cook for 7-8 hours, or HIGH for 4 hours. Until chili has thickened and vegetables are cooked. Add leafy greens during the last hour of cooking.