

# easy-crockpot-chili

## You'll need

1 lbs. lean ground beef (or turkey)  
1/2 can of red kidney beans, rinsed (15 oz)  
1/2 can crushed tomatoes (28 oz)  
1/2 can of water (28 oz)  
1/2 large onion, minced  
1 cloves of garlic, minced or pressed  
1 Tbsp chili powder  
1 1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp ground cumin  
1/4 tsp cinnamon  
1/4 tsp cayenne pepper (optional – depends on how spicy you want it)  
2 tsp red wine vinegar  
1/2 tsp worcestershire sauce  
1 tsp chocolate chips or cocoa powder

## How to make it

Place the ground beef in the bottom of the slowcooker.  
Top with all spices.  
Add liquid ingredients.  
Cook on high for 4 hours, medium for 6, or low for 8.  
Add kidney beans and cook for another 20 minutes.