

Are You Looking for a Breathtaking Chili?

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Are You Looking for a Breathtaking Chili?

By Paula McCoach

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by: **Paula McCoach**

Try this recipe and send us your comments and suggestions. Email

coach@chiliunleashed.com

For the SECRET INGREDIENT – send an email to

coach@chiliunleashed.com

and request the secret

ingredient

Ground beef or ground round should be at least 80% lean. Brown ground beef with olive oil.

Salt and Pepper—to taste throughout the recipe.

After meat is browned, add onions, bell peppers, bay leaves and garlic.

Add secret ingredient.

Add chopped mushrooms.

Add celery seed.

Add brown sugar or honey.

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V8 juice is added next.

Cook down for about 10 minutes at a simmer.

Add beans last and cook them until they are done to your taste.

Then, reheat it.

Siphon off the grease when it cools – the whitish looking stuff on the top.

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Store-bought chili - a short history.

By Glenn J Fournier

<http://www.InternetRecipeClub.com>

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