

## Crockpot Chili

- 2lbs of Ground Beef
- 2lbs of Cubed Stew meat
- 2 Cans Fire Roasted Tomato's (I use Trader Joes)
- 1 Green Pepper
- 1 Red Pepper
- Serrano/Jalapenos to taste (the more the HOTTER!)
- 1/2 Cup Chopped fresh pineapple
- Approx. 2 table spoons of Chili powder, this is more or less to taste
- 1 Tablespoon Cumin
- 1 teaspoon Cinnamon
- Sea Salt and Pepper to taste

1. Dice all of your veggies and mix into meat.
2. Add spices and mix more.
3. Cook on low for 6-8 hours or high for about 4 (Depending on your crock pot, these times may vary.)

Enjoy!!

