

Traditional Chili

[To go back to INDEX - Click INDEX tab](#)

Cooking time (minutes):

3 Microwave

5 or Wok

| | | | | | |
|---------------|-------------|-----------|-----------|----------|----------|
| Yield: | cups | 16 | 12 | 8 | 4 |
|---------------|-------------|-----------|-----------|----------|----------|

| | | | | | | |
|------------------------------|---------|------|----------|--------------|------------|------------|
| Chicken Breasts | can | cups | 4 | 3 | 2 | 1 |
| Pinto or Kinney Beans | can | cups | 1 | 1 1/2 | 1 | 1/2 |
| Tomates/Chillies | can | cups | 1 | 1 1/2 | 1 | 1/2 |
| Vegatables, frozen | diced | cups | 2 | 1 | 1 | 1 |
| Tomatoes, Juice | | cups | 1 | 1 1/2 | 1 | 1/2 |
| Onion | chopped | cups | 1 | 1 1/2 | 1 | 1/2 |
| Chili Powder | spice | TBSP | 4 | 3 | 2 | 1 |
| Cumin | spice | TBSP | 1 | 1/2 | 1/2 | 1/2 |
| Garlic, minced | spice | TBSP | 1 | 1/2 | 1/2 | 1/2 |

Add bowl & Mix

3 Microwave until heated - about 3 minutes

Serve &/or Add to paper cups & Frig for days or Freezer for months

OR

Add ingredients to wok

5 Cook until heated - about 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months