

# Zac's Chili and Rice

Makes a lot of chili

## Ingredients

2 pounds ground beef  
16 oz cans of pinto and red beans  
2 cans diced tomatoes  
Some rice  
Cumin, adobo, and chili seasoning to taste  
Frank's red hot sauce  
Flour to thicken

## Instructions

1. Brown beef in skillet, season with adobo until it tastes good
2. Mix beans, beef, spices, and hot sauce in a crock pot, simmer on high for 3 hours
3. Separate some liquid into another bowl
4. Add some flour to excess liquid until well mixed, add back to main pot.
5. Cook rice with a 2:1 water:rice and some seasoning if desired with a small amount of butter. Boil 10 minutes or so
6. Enjoy

## Source

Zac

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