

**Submitted by:** Victoria Florio-Sidle

**Recipe Name:**

Mrs. Flo's Famous Chili

**Ingredients:**

1 large yellow onion chopped  
1 green bell pepper chopped  
6 cloves of garlic chopped  
6 picante peppers (Goya) chopped fine  
1 Tbsp crushed cherry pepper flakes  
1 Tbsp oregano  
1 small can of tomato paste  
1 extra large can of crushed tomatoes  
5 cans of red kidney beans  
2 pounds of ground beef  
1 can small black olives  
Salt & pepper to taste  
2 Tbsp Olive Oil

**Directions:**

Prepare this recipe in a large sauce pot.

Sauté onion, green pepper and garlic in olive oil until translucent. Add in ground beef and sauté until browned. Add Goya peppers, oregano, crushed cherry pepper, salt & pepper.

Cook for about 20 minutes for seasonings and flavor to blend with the meat.

Add the can of tomato paste, crushed tomatoes, kidney beans and black olives to the pot.

Cook on low simmer for 1-2 hours.

Serve with white rice.

Toppings: sour cream and cheddar cheese