

### **3 Meat Chili Recipe:**

1 lb Ground Beef  
1 lb Chuck Beef cut for a stew  
1 lb Ground Pork Sausage  
2 cans of chopped tomatoes  
2 cans of beans (chose your favorite – I prefer red kidney and pinto beans)  
1 large chopped onion  
Garlic (fresh or powder)  
Chili Powder  
Chili Pique (substitute crushed red pepper flakes or omit if you do not prefer spice)  
Salt and Pepper  
Mustard  
Brown Sugar  
Tomato paste  
Apple Cider Vinegar

Brown the meat in a pan, season with salt and pepper to taste. Drain off the fat. Once drained place in your crock pot.

Drain the can of beans and rinse with cold water. Once drained add to crock pot.

Add cans of tomatoes, chopped onion to crock pot.

For the sauce, mix garlic, chili powder, chili pique, mustard, brown sugar, tomato paste and apple cider vinegar together. It will taste similar to a bbq sauce. Add the sauce mixture to your crock pot and stir. You can cook on High for 4 hours or low for 6-8 hours.