



## COWBOY CHILI

1 Tbsp. avocado oil  
1 medium onion, diced  
1 pound ground beef  
1 tsp minced garlic  
2-3 Tbsp. **YGY Easy Eats™ Cowboy Salsa Mix**  
1 bell pepper, diced  
1 small can (5.2 oz) tomato paste

1 can (19 fl oz) diced tomatoes  
1 can black beans (juice included).  
Optional: substitute kidney beans or another favourite  
1 cup frozen corn, canned corn, or fresh corn  
Optional garnishes: Grated cheese, sour cream, and fresh cilantro

In a large fry pan, heat 1 tbsp oil over medium heat. Add onion and beef. Cook until beef is brown and onions are soft.

Stir in garlic and **YGY Cowboy Salsa Mix**. Cook for another 1-2 minutes until fragrant.

Add bell pepper, tomato paste, diced tomatoes (with juice), and black beans (with juice). Stir well.

Reduce heat to low. Add corn and gently stir. Let the chili simmer uncovered for about 10-15 minutes, stirring occasionally.

Serve: Top with grated cheese, a dollop of sour cream, and fresh cilantro if desired.

