

Cowboy Grub Dinner *12-24 servings – most people want seconds*

Ingredients:

- 2 pounds of ground meat, browned
- 1-2 large onions, chopped
- 1 large bell pepper, chopped (*optional*)
- 2 T. minced garlic
- Approximately 60 oz diced tomatoes
- 2-3 cans pinto beans, *or other beans*
- 1 can or corn or 1 c. frozen corn (*optional*)
- 2 – 3 T. chili powder
- 1 T. garlic powder
- 2 t. cumin
- 2 t. salt
- ½ t. cayenne pepper, (*optional*)
- Black pepper to taste
- 4 c. cooked rice or riced cauliflower – *can be mixed in*

optional toppings:

- Jalapeno pepper, sliced
- Sour cream
- Shredded cheese
- Corn chips
- Crushed Red Pepper Flakes to taste, (*optional*)

Directions:

In a large pot brown the meat, if not already done.

Add in the onions, pepper, and garlic. Sauté for about 5 minutes or until slightly tender.

Add the remaining ingredients, *don't add the rice unless you want it all mixed in*, and let cook until HOT and bubbly.

Serve over rice or cauliflower. Add toppings as desired. ENJOY!