Chili Baked Potatoes for 2

Chili:

1 piece of ground beef

1 chunk onion, diced

½ clove garlic

¼ celery, diced

¼ carrot, diced

5-10 mL chili powder (10 ml makes it a bit spicy, still quite mild)

2 mL cumin

1 mL thyme

1 mL oregano

Dash\*\* cayenne (this is the heat )

125 mL tomato sauce

125 mL canned tomatoes (include some juice)

60 mL kidney beans or black beans

1. Brown beef on 3-4, drain any fat. Add onions, carrots and celery gently cook until softened.
2. Add garlic, warm gently.
3. Add remaining spices and kidney beans, bring to a boil on medium heat, put lid on and simmer on 1-2 until its time to serve.
4. Taste and adjust flavor by adding salt and pepper.

Baked Potatoes:

1-2 potatoes, depending on size

1. Preheat oven to 400.
2. Scrub potato and poke holes in it with a paring knife.
3. Bake for 1 hour.

Assembly:

1. Split open potato, place on a plate.
2. Spoon chili over top.
3. Sprinkle cheese of choice, green onions and sour cream.