

Black Bean & Corn Chili Recipe



Shopping list:

- *2 lbs ground beef*
- *1 can black beans*
- *1 can of rotel*
- *1 can of sweet corn*
- *1 onion*
- *2 packets of chili seasoning*
- *2—quart freezer bags*

Prep:

1. Brown ground beef.
2. Dice onions.
3. Mix together all ingredients.
4. Split ingredients into two bags and freeze.

Cook:

1. When ready to eat, thaw overnight in refrigerator.
2. Cook in slow cooker on low for 8-10 hours or on high for 4-5 hours.