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.