



Chili Starter Recipe from Katherine's Kitchen

What You Need

- 2-3 lbs. Fresh tomatoes (peeled, please see below)
- ½ Cup Fresh carrots (peeled and chopped)
- 1 Cup Fresh Green bell pepper (chopped)
- 2 Fresh garlic cloves (minced)
- 2 Tbsp. chili powder
- ½ tsp. Cayenne pepper powder
- 2 tsp. Garlic powder (not salt)
- 1 1/2 tsp. My Italian Seasoning Mix [HERE](#)
- 2 Bay leaves
- 3 Tbsp. Splenda brown sugar*

½ Cup water

Salt and pepper to taste or 1 tsp salt 1 ½ tsp. ground black pepper

Food processor or blender

Colander

Large pot

Freezer bags or freezer containers with lids

Before You Start- bring a large pot of water to boil (large enough to hold all your tomatoes with about 3 inches of water above). Using a slotted spoon add tomatoes one at a time to the boiling water wait about 8 minutes or until all the tomatoes are floating on the top. Carefully remove tomatoes from the water and place in bowl wait for tomatoes to cool and peel off the skins.

Let's make it!

In a food processor combine all ingredients and pulse until well combined, puree for 30 seconds. Spoon into freezer bags or 1-quart size freezer containers. Makes approximately 3 quarts. Write the date and chili starter on the lid and freeze for up to 6 months.

Katies Tid Bits*

When you are ready to make chili empty one-quart container into a pot and add all your favorite chili recipe ingredients, ground beef, cubed steak, ground chicken, beans (1 can black beans, drained and rinsed 1 can chili beans, undrained) etc. You can see my Chili recipe [HERE](#). You will use this starter in place of tomato sauce.

If you are not on a restricted diet also include 1 cup minced onion, and 2 Tbsp. brown sugar instead of Splenda brown sugar.

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