

# MEALTIME HELPER

## MAKING MEALTIME EASY

### Chili Con Carne - Shopping List

- **Oil & pantry**

- 2 tbsp vegetable oil or olive oil
- 2 tbsp tomato paste
- 1–2 tbsp chili powder (adjust to taste)
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/4–1/2 tsp cayenne or crushed red pepper (optional)
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 tbsp brown sugar or 1 tsp honey (optional)
- 1 tbsp Worcestershire sauce (optional)
- 1 tbsp red wine vinegar or limes (for juice to finish)

- **Meat & protein**

- 1–1¼ lb (450–560 g) ground beef (80/20) — optional: mix with ground pork or add bacon

- **Produce**

- 1 large onion
- 1–2 bell peppers (red or green)
- 3–4 garlic cloves
- Fresh cilantro or parsley (small bunch, optional garnish)
- 1–2 limes (if using lime juice)

- **Canned goods & stock**

- 1 (14 oz / 400 g) can diced tomatoes (or crushed)
- 1 (14 oz / 400 g) can tomato sauce or passata
- 1 cup (240 ml) beef stock or use water + bouillon

- **Beans (optional)**

- 1 (15 oz / 425 g) can kidney beans (drained & rinsed)
- 1 (15 oz / 425 g) can black beans or pinto beans (drained & rinsed)

- **Toppings & serving (optional)**

- Shredded cheddar cheese
- Sour cream or Mexican crema

- Green onions (scallions)
- Jalapeños or pickled jalapeños
- Tortilla chips or crusty bread
- Lime wedges (from above limes)

**Notes:**

- Adjust spice amounts to preferred heat level.
- If you don't have beef stock, substitute water + bouillon.
- For smoky heat, swap/add chipotle in adobo (small can).