

A JUST HARVEST INGREDIENTS

Chili and Rice (for Tuesdays with delivery on Mondays)

3 lbs. ground beef or ground turkey
3 large onions, chopped
5 large cans crushed tomatoes, (28 oz. each)
6 large (28 oz.) cans or 11 small (15 oz.) cans of kidney beans
2 tsp. salt
3 T. chili powder
1/2 t. cayenne pepper
1 large box minute rice (28 oz.)

4 Frozen Lasagnas—Kirkland, STOUFFER'S, etc. (for Saturdays with delivery on Fridays)