

**Ingredients:**

2/3 cup chopped white onion  
4 slices Canadian bacon  
1 1/4 pounds lean ground meat  
1 tsp. garlic powder  
1/2 tsp. cayenne pepper  
3- 4 tsp. chili powder  
1 1/2 tsp. Worcestershire Sauce  
3 cloves finely minced fresh garlic  
2 cups low sodium beef broth  
1 can organic tomato sauce (15-16 oz)

**Directions:**

1. Finely chop onion and Canadian bacon and saute until golden. Remove from pan.
2. Brown lean ground meat and season with a few cracks of black pepper, garlic powder and cayenne pepper. Add Worcestershire Sauce and 1 1/2 tsp. chili powder. Add garlic. Add back the cooked Canadian bacon and onions.
3. Add a can of organic tomato sauce, beef broth and remaining chili powder.
4. Turn down the heat and cover.
5. Simmer for 2 hours.
6. Allow chili to cool overnight in the refrigerator, so the flavors can blend together.
7. To reheat and serve, add 1/2 cup water (or more, for desired consistency) and simmer on low, covered for 30 minutes till heated through. You can also reheat in the microwave.

Betty serves her Chiliball Chilibowl with a little sour cream, cheddar cheese and chopped onion on top, and a few tortilla chips on the side.

Betty makes her Chiliball Chilidog with a squirt of yellow mustard, a generous spoonful of chili and chopped onions.

This recipe makes four Chilibowls, six "I'm saving room for beer" Chilibowls or enough Chilidogs for a dozen of your friends. Simply double or triple the recipe to accommodate your needs.

Happy Chiliball Season!