

# The Perfect Chili

## Ingredients:

- 34 oz. tomato sauce
- 34 oz. crushed tomatoes
- 2 cans chili beans
- 1-2lbs ground beef
- 1 tsp cumin
- 1 tbsp. chili powder
- 1tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ½ tsp onion flakes
- ¼ tsp cayenne
- ¼ tsp red pepper flakes

## Directions:

- Brown, rinse and drain ground beef. If you prefer a vegetarian chili, I recommend substituting ½ cup of dried lentils in place of the ground beef.
- Drain and rinse kidney beans.
- Add all ingredients into your slow cooker.
- Cook on high for four hours or on low for 6-8 hours.
- Add any additional salt, pepper and chili powder to taste.

# Cinnamon Rolls

## Ingredients:

### For The Dough

1 cup milk  
4 tablespoons butter, cut into chunks  
3 1/4 - 3 1/2 cups all-purpose flour  
1 package instant or 'rapid rise' yeast (about 2 1/4 teaspoons)  
1/4 cup white sugar  
1/2 teaspoon salt  
1 egg

### For The Filling

1 cup brown sugar  
1 1/2 tablespoons ground cinnamon  
1/2 cup butter, softened

### For The Icing

1 1/2 cups confectioners' sugar  
2 tablespoons melted butter  
4 oz. cream cheese  
1/2 teaspoon vanilla  
1-2 tablespoons milk

## Directions

- Preheat oven to 200 degrees. Grease a 9 x 13 inch baking pan and set aside.
- Starting with the dough, place milk and butter in a microwave-safe bowl and heat until butter is almost melted and milk is warm. Stir until butter is completely melted. Add sugar, yeast and salt. Set aside until mixture is foaming..

## Cinnamon Rolls continued

- Add egg and 2 cups of flour to mixture set aside until thoroughly combined. Continue to add flour slowly until well mixed. Knead the dough for 5 minutes.. Knead the dough for 5 minutes.
- Slightly oil a large bowl and place dough in bowl covering it with a wet cloth. Place bowl in 200 degree oven for 20 minutes (turn oven off while dough is rising). Punch down dough and let rise 20 more minutes.
- In a small bowl, combine the brown sugar, cinnamon and butter until well mixed. Set aside.
- Roll out your dough until it measures 12 x 14 inches (rectangular shape). Spread filling evenly over the dough. Beginning with the longer side that's closest to you, roll dough into a log. Cut into 12 equal pieces. I like to use floss or string to easily slice the rolls while keeping the filling intact.
- Place cinnamon rolls in four rows of three into the prepared pan and cover with a damp kitchen towel. Let rise in a warm place covered by damp towel for 30 minutes.
- Preheat the oven to 350 degrees F. When the rolls are finished rising, bake them for 20 minutes or until the tops are golden brown.

While the cinnamon rolls are baking, prepare the icing by combining the confectioners' sugar, butter, cream cheese, vanilla and milk. Make sure butter and cream cheese are softened before adding sugar, vanilla and milk. Add milk to preferred consistency. Once the rolls have finished baking, let cool for 5 minutes and spread icing evenly over the top.