



Chili Soup

1 lb Hamburger
3 cans Kidney Beans Drained and rinsed
12 oz can GF CF Tomato Paste
6 cups Water
1 or 2 Tablespoons Chili Powder
1 cup water (if adding pasta)
1 cup small GF Pasta (I usually use broken up spaghetti noodles)

Brown Hamburger and place in crockpot. Add kidney beans. Dissolve tomato paste in water add to crock pot. Add water and chili powder. Cook on high for 4 hours or low for 6 to 8 hours. If using pasta add during last 30 min of cooking time.

<http://www.lincolntent.com/GFCF-Soup.html>