

## CHILI CON CARNE

1 lb. gr. beef

1 t. salt

1/3 c. onion flakes

1 No. 2 can kidney beans

dash garlic powder

2 T. shortening

3 T. chili powder

1 8oz. can tomato sauce

2 T. vinegar

dash msg

Crumble beef; brown in shortening, stirring until meat loses its pink color. Add remaining ingredients; mix well. Cover. Simmer 45 minutes, stirring occasionally. Serves 4 to 6.