

Chili

into a slow cooker add:

1 can of no salt kidney beans drained but not rinsed
2 cans no salt diced tomatoes
1 medium onion, diced
1 pound of browned ground beef
1 tsp either instant coffee or unsweet cocoa (cuts the sweetness)
Spice to taste with the following:
Garlic powder
Onion powder
Chili Powder
Cumin (a little)
Savory(a little)
Oregano (a little)

Let cook at least 4 hours in the slow cooker. About 140 mg of sodium for the entire batch which serves 2-4