

## Chili

From [The Larissa Monologues](http://larissamarks.com) at larissamarks.com

2 pounds ground beef  
1/2 onion, chopped  
2 1/2 cups tomato sauce  
1 8-ounce jar of salsa  
2 15-ounce cans refried beans  
1/4 cup quinoa  
1 tomato, chopped  
2 handfuls of spinach, chopped or hand-torn into small pieces  
2 tablespoons chili powder  
2 teaspoons salt  
1 teaspoon crushed red pepper  
1 teaspoon garlic powder  
1 teaspoon ground cumin  
1 teaspoon dried parsley  
1 teaspoon black pepper  
1/2 teaspoon garlic salt  
1/2 teaspoon dried basil  
salt & pepper to taste

In a large saucepan over medium heat, combine ground beef and onion, and sauté for 10 minutes, or until beef is browned and onion is tender.

Add the remaining ingredients, and mix well. Bring to a boil. Reduce heat to low, and simmer for 1-2 hours. Makes 6-8 servings.