



Mild Child Chili

No spice. No complaints. Just beans, beef (maybe), and bliss.

INGREDIENTS :

-  1 28 oz. can baked beans (sneaky sweet = kid approved)
-  1 can kidney beans (protein = adult illusion of health)
-  1 can black beans (can omit if adding ground beef)
-  2 cans tomato soup (yep, the classic kind)
-  2 tsp taco seasoning (enough flavor to matter, not enough to cause a mutiny)

Optional:

-  Cooked ground beef (fresh or canned)
-  Shredded cheddar or sour cream for topping
-  Box of cornbread mix to seal the deal

APOCALYPSE-PROOF ASSEMBLY INSTRUCTIONS:

Dump Everything in a Pot: Beans, tomato soup, taco seasoning, and beef (if using). Stir it all together like you're hosting a toddler-friendly tailgate.

Simmer Low & Slow: Let it hang out on low heat for 30+ minutes. The longer it simmers, the tastier it gets—and the more time you have to pretend you're busy.

Top Like a Hero: Cheese, sour cream, or whatever bribery you have on hand.

Serve with Cornbread: Bake up that box of cornbread like the domestic legend you are. Just keep in mind you might need milk and egg or egg substitutes depending on the mix.

Shelf-stable. Sanity-saving. Sweet enough to avoid dinner table negotiations.

Feeds 4-5 picky eaters.

Questions? Feedback? Email us at haalp@chickenlittlepreps.com.

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