

Hearty Vegetable Chili



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 1 onion [110 g] Yellow Onions (*chopped*)
- 1 - [10 g] Green Pepper (*chopped*)
- 2 medium [122 g] Carrot
- 3 tsp [7.8 g] Chili Powder
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.1 g] Paprika
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 0.5 tsp [1.05 g] Cumin
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp [1 g] Cilantro (Coriander) (*optional garnish*)
- 16 ounce [448 g] Ground Beef (85% Lean / 15% Fat)
- 1 can (28oz) [794 g] Diced Canned Tomatoes

DIRECTIONS

1. Heat a large pot to medium heat
2. Add the olive oil
3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
4. Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
5. Add the ground beef and stir everything together
6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
9. Remove from heat, and sprinkle with cilantro Enjoy!

NUTRITION INFO

Calories : 339.88

Fat : 21.04 g

Carbs : 15.61 g

Protein : 23.64 g

Fiber : 4.28 g