

Vegetable Chili

This recipe is a favorite with many of our clients. It's so hearty and delicious... a perfect meal for those cool fall and winter nights! You won't even miss the beans in this satisfying, low-glycemic dish. Hiding the vegetables in the chili makes this recipe even more friendly for picky eaters! This recipe serves 6 and covers protein and vegetables for one meal.





Ingredients

- 1.5 lbs. grass-fed ground beef
- 1 Tbs. organic coconut, avocado or macadamia nut oil
- 1 large onion, diced
- 1 green pepper, diced (organic)
- 2 stalks of celery, diced (organic)
- 1-2 cloves minced garlic, depending on preference
- 1 tsp. sea salt
- 2 tsp. chili powder
- 2 tsp. cumin
- 2 tsp. oregano
- 1 can organic tomato sauce
- 1 can organic diced tomatoes and 1 small can green chilies or 1 can Rotel tomatoes
- 1 16 oz. bag frozen broccoli florets
- 2 zucchini, quartered and sliced
- water (if you need to add liquid)
- crushed red pepper to taste (optional)



Directions

In a large pot, brown the ground beef in oil. Mix in the onion, green pepper, celery and garlic and cook about 5 minutes. Add spices and mix. Add tomatoes sauce and diced tomatoes and simmer for about 20 minutes. If the chili is too thick, add a 1/2 cup of water at a time to thin it out. Add broccoli and zucchini, cooking for another 15-20 minutes or until tender.

Serve with shredded raw cheddar cheese (on maintenance) and diced fresh avocado. Enjoy!