INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, diced
- 1 jalapeño, seeded and roughly chopped
- 1–2 cloves garlic, roughly chopped
  Kosher salt and pepper to taste
- 1½ pounds ground beef, turkey, or chicken
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon sweet or smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon ground cinnamon
- 3 tablespoons tomato paste
- 1 cup beef bone broth
- 1 can (15oz) diced tomato, with juices no sugar added
- 2 cans (15oz) low-sodium beans, rinsed and drained (red, white, kidney, garbanzo etc.)

TOOLS YOU'LL NEED

Measuring Spoons
Measuring Cups
Cutting Board
Chef's Knife
Can Opener
Large Stock Pot or Dutch Oven
Rubber Spatula
Whisk

BEEF CHILI
SERVES 6

Prep time: 15 min
Cook time: 40 min
High Fiber
Lactose-Free
Gluten-Free

DIRECTIONS

1. Using either a large stock pot or Dutch oven, heat oil over medium-high.

2. Add onions and jalapeño to pot and cook, stirring often until onion becomes soft and translucent (5-6 minutes).

3. Add garlic and cook for another minute until garlic becomes fragrant (be careful not to burn it!) Season mixture with salt and pepper.

4. Add ground beef (or meat of your choice), chili powder, cumin, paprika, oregano, and cinnamon. Cook until brown.

5. Once meat is browned, add tomato paste, beef broth, and tomatoes. Bring to a boil, then reduce to a simmer.

6. Add beans, mix to combine, and cook for 25–30 minutes, stirring occasionally.

7. Taste to adjust salt and pepper as desired.

8. Serve warm, family style, in a large bowl with your favorite toppings on the side.

Chef's Note: Use any beans you have on hand or a mixture of different beans. Toppings can include diced avocado, shredded cheese, sour cream, Greek yogurt, chopped onion, and/or chopped tomato*.

Nutritional Information (per serving)
Calories: 505
Total Fat 26g
Saturated Fat: 9g
Carbs: 38g
Fiber: 10g
Sugar: 4g
Protein: 31g
Cholesterol: 81mg
Sodium: 904mg

*Nutritional information does not include toppings.