

GETFit! Chili

Recipe courtesy: Shane Mischler (BRG chef)

Ingredients

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| 1 lb Ground Beef, lean | ½ tsp Black Pepper |
| ¾ cup Yellow Onion, chopped | ½ tsp Cayenne Pepper |
| 1 Bell Pepper, chopped | 1 pinch Mexican Oregano |
| 2 Tbsp Garlic, finely chopped | 1 can Black Beans, drained and rinsed |
| 1 tsp Cumin | 1 can Kidney Beans, drained and rinsed |
| 1 tsp Chili Powder | 1 can Diced Tomatoes |
| 1 tsp Cilantro | 1 can Tomato Sauce |
| | 1 cup Beef Broth, preservative free |

Cook beef and onion in large saucepan over medium-high heat 5 minutes or until beef is crumbled and no longer pink, stirring occasionally; drain. Stir in spices and herbs. Add remaining ingredients; bring to a boil. Reduce heat to medium; simmer 10 minutes, stirring several times. Top with favorite toppings. Suggested toppings include avocado, cheddar cheese, diced tomatoes, chopped green onions and sour cream.