

Chili Con Carne



Plan Z Phase: This is a Z2 (ZReduction) and a Zola To GO! recipe. This is a meaty chili with some veggies tossed in for crunch factor. Makes a satisfying lunch. You can take chili to the office and heat in the microwave for a perfect Zola To GO! meal. You can also freeze individual portions for later retrieval and then heat them.

Servings: One serving is 1-1/2 cups

Ingredients:

- 2 lb of ground sirloin
- 1 cup of diced onion
- 1 cup of chopped red bell pepper
- 1 cup of chopped celery
- 15 oz of diced tomatoes (In a can. Find a variety with no sugar added)
- 8 oz of no sugar tomato sauce
- 1 Tbl of diced green chilies (in a can)
- 1 Tbl of ground cumin
- 1 Tbl of chili powder
- 2 cups of water
- sea salt and pepper to taste

Instructions:

In a soup pot brown the ground sirloin in a gentle spray of olive oil with the temp set at medium high. Continually break up the meat into bite-sized chunks. When the meat is almost browned through add your onion, pepper and the celery. Cook one more minute. Stir regularly. Turn heat down to medium. Add the tomatoes and tomato sauce. Then add the chilies and the spices along with the water. Stir.

Bring the mixture up to a boil and then turn back again to medium and let it bubble gently for 15 minutes to meld the flavors.

Serve in a bowl. Each portion is 1-1/2 cups. This includes your veggie portion for the meal, but you can still eat salad greens with it.

If you want your chili spicier you can add more green chilies or sprinkle on some hot sauce.

Enjoy!

Cheers,