



CHILI DOG SOUP

By Dr. Cindy Tanzar
(Standard or Maintenance Plans)

Chili dogs are an all-American favorite. While the bun is never going to be weight-loss friendly, the flavors can be enjoyed anytime. This Chili Dog Soup is perfect during cold weather and can easily be made on top of the stove or in a crock pot. Add some diced onions and/or a quarter diced avocado for fat or a side of **Cumin Lime Coleslaw** or **Broccoli Slaw** for added veggies and fat. You can also just add veggies, like broccoli, zucchini or cauliflower to the soup, as well. Just cook them separately and mix them into your serving. There are 7 servings in this recipe (approx. 1.5 cups each). One serving covers your protein for one meal.



INGREDIENTS

- 1.5 lbs. ground beef
- 4 Applegate Farms 100% Grass-Fed Beef Hot Dogs, cut into coins
- 1/2 cup prepared salsa (no added sugar, like Pace, Tostitos or Simple Truth)
- 3 cups water
- 1/2 tsp. pink Himalayan salt



1 tsp. chili powder
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 Tbsp. ground cumin
1/4 tsp. ground dry mustard or 1/2 tsp yellow mustard
1/4 cup ketchup (no added sugar) (Genesis weight loss manual recipe or Primal Kitchen Ketchup
2 Tbsp. Dijon or yellow mustard
1 tsp. red wine vinegar

INSTRUCTIONS

Brown ground beef and hot dogs in a large pot. Add salsa, water, salt, chili powder, garlic powder, onion powder, cumin, and ground mustard. Bring to a boil and simmer for 30 minutes (or 3 hours in a crockpot on low heat).

Stir in the ketchup, mustard and red wine vinegar and cook another 5 minutes. Serve alone or topped with diced sweet or green onions and avocado.