

CHILI

Makes 4 servings covering your protein, veggies, and fat at your meal.



INGREDIENTS

- 12 oz lean ground meat
- 4 tsp. tomato paste
- 4 c. tomatoes
- 4 c. onions, chopped
- 4 clove minced garlic
- cayenne pepper to taste
- 1/2 tsp. thyme
- salt and pepper to taste
- 1/2 tsp. chili powder
- 1/2 tsp. cumin
- 1/2 tsp. basil
- As much water or broth needed for consistency

DIRECTIONS

Brown meat with onions and garlic. Drain fat. Add tomatoes, tomato paste, and remaining seasonings. Simmer onions until desired tenderness.