

No Bean Chili

Number of Servings: 5 (1 serving = 1 protein/meat)

Ingredients

- 1 pound/500 grams extra lean ground beef
- 6 oz can Tomato paste
- water or beef broth (to desired thickness)
- Minced onion (dried or fresh)
- Garlic (the more the better)
- Chili powder
- Italian seasoning
- Cayenne pepper
- Sea salt & pepper
- Emeril's Bam Original Essence Seasoning (optional)



Directions

Brown extra lean ground beef.

Drain any and all fat.

Stir and add spices to taste.

Add tomato and broth.

Simmer - the longer it simmers the more flavorful.

add lettuce/salad if desired

Phase 3 modification

Add cheddar cheese



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