

hCG VLCD Approved Chili

*Recipe makes 1 serving
15 minutes to prepare and cook
1 serving counts as 1 protein and 1 vegetable*

cals: **280.1** fat: **16.2 g** protein: **28.7 g** carbs: **3.8 g** fiber: **0.7 g**

This is a perfect meal when you feel the need to feel full.
Add as much water as you'd like to make the serving larger without adding calories.



Ingredients

- 100 grams extra lean ground beef or buffalo
- 1/2 tomato
- 1 tsp garlic
- sea salt and pepper (to taste)
- red chili pepper flakes (if you like it a little spicy)
- 2 tbsp chili powder
- 2 cups of water
- lettuce wedges (optional)

Directions

- Brown ground beef or buffalo.
- Drain fat, add garlic, and sauté for 1 minute.
- Add water, tomatoes, chili powder and salt and pepper and bring to a boil.
- Reduce heat and simmer for 10 minutes.
- Add red pepper flakes for spice.
- Eat plain or serve over lettuce wedges.

Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

- Calories: 280.1
- Total Fat: 16.2 g
- Cholesterol: 93.0 mg
- Sodium: 87.0 mg
- Total Carbs: 3.8 g
- Dietary Fiber: 0.7 g
- Protein: 28.7 g



tel
email
web

(416) 477-1345
info@HCGDIETCANADA.com
www.HCGDIETCANADA.com
