

Cara's Yummy Chili

Servings per recipe: 1
1 Serving = 1 protein, 1 vegetable

This recipe can be prepared in advance and frozen. You can make up batches in advance and freeze into individual portions. Then take out the night before you wish to serve.

The kids love taking this for school lunches as well.



Ingredients

- 100 grams ground lean steak
- 100 grams tomato
- 1/2 cup water or hCG Diet approved beef broth
- 3-4 cloves minced garlic



Seasonings (to taste)

- 1/2 tsp onion powder
- 1/2 tsp oregano
- 1/4 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp cayenne
- 1/4 tsp basil
- 1/4 tsp thyme

TIP: Mix all your seasoning spices together in a small bowl so you can add them all at once.

Directions

1. Preheat pan over MED heat.
2. Add minced garlic and 1 T of the water/broth to pan.
3. Saute 2-3 mins. Be sure not to burn the garlic. Add more water/broth as necessary.
4. Increase heat to MED-HI.
5. Add ground steak and saute until brown - about 5 mins.
6. Add all seasonings and cook an additional 3 mins. Continue to add more water/broth as necessary.
7. While that is cooking dice 1/2 of tomato & place other 1/2 in food processor or blender to puree.
8. Mix in tomatoes, puree, and rest of broth.
9. Turn heat down to MED-LO and simmer until it reaches desired consistency.

Top with green apple cubes for an added tangy taste!
(remember to add 1 fruit to the serving then)



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