

Stuffed Chard Rolls

Ingredients

- 100 grams lean ground beef (per serving)
- 1 or more large chard leaves, any kind
- 1 cup hCG diet approved beef broth
- 1 tablespoon onion, finely minced
- 1 clove garlic, crushed and minced
- 1/8 teaspoon basil
- 1/8 teaspoon oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- Cayenne pepper to taste
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
22 grams protein
9 grams fat
175 calories (add 50 more calories if using marinara sauce)

HCG Diet Tip *Look for items at a good price in bulk and freeze what you can't use immediately.*

Directions

1. Cook ground beef with a little water.
2. Add spices, garlic, and onion to the beef.
3. Lightly steam chard leaves until slightly soft.
4. Wrap ground beef in chard leaf burrito style.
5. Place wraps in baking dish.
6. Cover with beef broth and bake at 350 degrees for 20 minutes.
7. Garnish with fresh spices or parsley.



telephone
email
web

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