

Chili



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 0.5 tbsp avocado oil
- 1/2 small onion, diced
- 1 small red bell pepper, diced
- 2 ribs celery, diced
- 1 clove garlic, minced (or 1 tsp garlic powder)
- 12oz ground beef
- 1/2 14.5 oz can fire roasted tomatoes
- 1/2 tbsp tomato paste
- 1 1/2 tsp Chile powder
- 1/2 tbsp paprika
- 1/4 tsp ground cumin
- Dash of cayenne pepper
- Dash of salt and pepper
- Spoonful of plain Greek yogurt (or avocado)

DIRECTIONS

1. Heat avocado oil in a large pan.
2. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
3. Add beef, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, stirring and turning the turkey frequently.
4. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
5. Turn to low and simmer for 15-20 minutes.
6. Remove from heat and serve warm.
7. Top with plain Greek yogurt or avocado.

NUTRITION INFO

Calories: 330, Carbohydrate: 16 grams Protein: 35 grams, Fat: 14 grams