



EASY NO-BEAN CHILI

SERVES: 4 (approx. 1 cup each) **Prep Time:** 6 min. **Cooking Time:** 19 min.

CONTAINER EQUIVALENTS (per serving): 1 1 1

1 Tbsp. ghee (organic grass-fed, if possible)
1 lb. raw 96% lean ground beef
¾ cup chopped onion (approx. 1 medium)
3 cloves garlic, finely chopped
2 cups low-sodium organic chicken broth
2 cups all-natural tomato puree
1 Tbsp. chili powder
1 tsp. ground smoked paprika
¾ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
½ tsp. garlic powder

- 1.** Heat ghee in a large soup pot over medium-high heat.
- 2.** Add beef; cook, breaking apart with a spoon, for 4 to 6 minutes, or until lightly browned.
- 3.** Add onion and garlic; cook, stirring frequently, for 2 to 3 minutes, or until onion is translucent.
- 4.** Add broth, tomato puree, chili powder, smoked paprika, salt, pepper, and garlic powder; stir to combine. Bring to a boil; reduce heat to low. Gently boil, stirring occasionally, for 10 minutes, or until chili is slightly reduced and thickened.

NUTRITIONAL INFORMATION (per serving): **Calories:** 254 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 71 mg **Sodium:** 644 mg **Carbohydrates:** 18 g **Fiber:** 4 g **Sugars:** 8 g **Protein:** 29 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be high in protein. These recipes contain at least 20% of the daily value for protein.