

Mexican Chili

THM-Friendly: E

- 15 oz. can of pinto beans
- 15 oz. can of kidney beans
- 15 oz. can of black beans
- 15 oz. can fat-free refried beans (Fat-free usually has no fat or sugar. If sugar is far down on the list then it's minuscule, but look for one without if possible.)
- 15 oz. can of corn, drained
- 10 oz. can of Rotel
- 8 oz. can of tomato sauce
- 1 cup water
- 2-1/2 tsp. chili powder
- 3/4 tsp. cumin
- 3/4 tsp. mineral salt
- 1/4 tsp. paprika
- 1/4 tsp. black pepper
- 1/2 tsp. garlic powder
- 1 Tbsp. onion powder
- 1/8 tsp. red chili pepper flakes
- 1/8 tsp. dried oregano
- 1/2 tsp. THM Super Sweet
- 1/4 cup nutritional yeast
- 1 Tbsp. dried parsley
- 1 tsp. dried chives
- 1 lb. extra lean ground beef or turkey (look for 95% or higher if possible) Use two pounds if you like it extra meaty.
- 1/2 cup onion, finely chopped



Brown the meat and onion in a large cooking pot over medium-high heat. Add the rest of the ingredients and bring to a boil, then reduce the heat. (Do not drain the beans.)

Simmer 20-30 minutes.

Serve with 0% fat Greek yogurt and a small garnish of low-fat cheese.

enJOY!

