

You-Choose Chili

Yield: 6

Ingredients

- 1/2 cup diced onions
- 2 cups meat/protein*
- 2 cups vegetables*
- 1 can (19 oz) beans*
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp vinegar
- 1/2 tsp salt (or more, to taste)
- 1 can (28 oz) crushed tomatoes

Instructions

1. Cook onions and meat/protein in a non-stick pan until meat has browned.
2. Drain fat (if any).
3. Add vegetables and spices, and cook until veggies have softened.
4. Add crushed tomatoes and vinegar. Adjust salt to taste.
5. Turn down the heat to medium-low and cover the pot. Simmer for 10-15 minutes.

Notes

*Meat/Protein suggestions: ground beef/turkey/chicken/pork, chopped chicken or beef, tofu round, or lentils (if using tofu or lentils, add at about 5 minutes before the end of cooking time).

*Vegetable suggestions: mushrooms, corn, carrots, peppers, celery, broccoli

*Bean suggestions: kidney beans, black beans, navy beans, chickpeas