

## Doc's Chili

- 1 medium yellow onion, chopped
- 2 celery stalks, chopped
- 2 bell peppers, chopped
- 3 cloves garlic, minced
- 2 lb. lean ground beef
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 2 tablespoons smoked paprika
- Himalayan sea salt
- Freshly ground black pepper
- 1 (28-oz.) can fire-roasted tomatoes
- 2 cup low-sodium chicken broth
- Sliced jalapeños, for garnish
- Sliced avocado, for garnish
- Freshly chopped cilantro, for garnish



1. In a large pot over medium heat, add onion, celery, and peppers to pot and cook until soft, 6 minutes. Add garlic and cook until fragrant, 1 minute more.

2. Push vegetables to one side of the pan and add beef. Cook, stirring occasionally, until no pink remains. Drain fat and return to heat.

3. Add chili powder, cumin, oregano, and paprika and season with salt and pepper. Stir to combine and cook 2 minutes more. Add tomatoes and broth and bring to a simmer. Let cook 10 to 15 more minutes, until chili has thickened slightly.

4. Ladle into bowls and top with jalapeños, cilantro, and avocado.

*Soup & Chili recipes are difficult to accurately measure exact portions. What we have found is that when you spoon out 2 cups of soup (or chili) it will render approximately one serving.*

Makes approximately 8 servings.

Serving size: 3 ounces of beef, 1 cup of cooked vegetables, ¼ avocado.

Enjoy with one cup of on plan fruit to complete the meal.

