



**ROCKFORD
WEIGHT LOSS**
Affiliated With SECRET FOR WEIGHT LOSS™

Beanless Chili

MAIN MEAL

Ingredients

- 1 lb. ground lean beef or ground turkey
- 1 chopped pepper
- 1 C sliced mushrooms
- 2 stalks of celery chopped
- ½ onion chopped
- 1 zucchini sliced
- 2 large cans of diced tomatoes
- ½ C beef broth
- 1 TBSP chili powder
- 1 TBSP cumin
- 1 TBSP oregano
- 1 tsp garlic powder or fresh garlic 1-2 cloves
- Salt & pepper (spices are to taste. I usually use more of all of the above)
- Add any other veggies you'd like to try - zucchini squash, cauliflower, broccoli, etc.

Directions

- Brown the meat, add veggies and ½ a cup of beef broth to saute until soft.
- Add tomatoes.
- Simmer for about 30 minutes or prep in a crock pot

