

30-Minute Beef Chili

SERVES 4 / PREP TIME: 5 MINUTES / COOK TIME: 25 MINUTES

Chili is usually a pretty big production in our house. We spend all day making a big batch, and then have leftovers for at least a week. But what about those times you're looking for a hearty bowl of chili and don't have hours to spend in the kitchen? This recipe has the full, bold flavor of a pot of home-cooked chili, but is ready in just 30 minutes.

1. In a large pan over medium heat, heat the olive oil and brown the garlic.
2. Add the ground beef to the pan and brown.
3. Add the chili powder, chipotle chili powder, onion powder, oregano, and cumin, and season with salt and pepper. Stir well.
4. Add the tomatoes, let simmer for 25 minutes, and serve.

2 tablespoon extra-virgin olive oil
4 garlic cloves, minced
1¼ pounds ground beef
3½ tablespoons chili powder
1 teaspoon chipotle chili powder
2 teaspoons onion powder
2 teaspoons dried oregano
2 teaspoons cumin
Sea salt
Freshly ground black pepper
1 (8-ounce) can diced tomatoes

Cooking Tip: Bake a batch of *Spicy and Sweet Fries* (page 157), and top them with this chili recipe for a quick game-day snack.

IN MENU FOR WEEK:

2

PER SERVING:
CALORIES 371
TOTAL FAT 18G
SODIUM 230MG
CARBS 9G
SUGARS 3G
PROTEIN 45G