



Chili

This is a great staple to have as a Ticket Meal. It freezes well, so make extra and place it in a freezer bag. When you need a meal quick, place the bag in a sink filled with water until thawed then heat it up!

Prep Time: 5 mins

Cook Time: 35 mins

Serves 4

- 1 lb lean ground beef or lean ground turkey
- 2 tbsp olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 2-3 cans kidney beans
- 2 cans whole or stewed tomatoes
- 1 tbsp cumin (more if you like)
- salt and pepper to taste

C: kidney beans **P:** lean ground beef **F:** sour cream and olive oil

- In a large pan, sauté ground beef with onions and garlic cloves over med-high heat until onions are translucent.
- Add salt and pepper.
- Add the remainder of the ingredients.
- Simmer on low heat for 30-45 minutes.
- Top with thinly sliced green onion and a dollop of fat free sour cream and side salad.

