KELLY’S CHILI

1 lb Grass Fed Ground Hamburger Meat

1 small-medium Organic yellow onion chopped

1 can Diced Tomatoes

1 can Ranch Style Beans

1 can Tomato Sauce

¼ c Chicken broth

Organic Chili Powder

Organic Garlic Powder

Organic Parsley Flakes

Organic Cracked Black Pepper

Sea Salt

In stainless steel pot and on medium heat, brown meat. As the meat is browning, add onions and all the seasonings for desired smell and taste. Add canned tomatoes, beans, and tomato sauce and stir. Add chicken broth and stir. Season the sauce and meat mixture with all the seasonings again to desired smell and taste. Let simmer on low for a while. I usually simmer it for about 15-20 minutes and then I serve it hot!

Serve in a bowl and sprinkle a little cheese on top, or not! We like to pair it with an old fashion side, the corn chip. You can actually get blue corn chips which are known to be better for blood sugar. Or, if you want a little crunch with less carbs, try the Cheddar flavored Whisps Cheese Crisps. They are quite good with the Chili flavor.

ENJOY!