



Chili con Carne (without beans)

An ULTRA healthy spin on a classic chili, filled to the brim with meat

This hearty and meaty chili is perfect to go on chili burger and chili dogs. You can make it even more substantial by adding beans to stretch the servings. I'll include notes for that at the end of the recipe.

Ingredients:

MEAT MIX: *(the mixture is very wet and sticky. Mix with a utensil)*

- 3 pounds 98-99% fat free ground turkey breast
- 1-1/2 tsp ground cumin
- 1-1/4 tsp salt
- 1/2 tsp black pepper
- 2 tsp beef flavored bouillon (such as Knorr brand)
- 2 tsp Kitchen Bouquet browning and seasoning sauce *(optional, for color)*
- 2 tsp Hershey's unsweetened cocoa powder
- 1/2 tsp baking soda dissolved in 1 tsp water
- 1-1/2 cups fat free beef broth (just trust me)

CHILI INGREDIENTS

- 2 cups diced onion
- 2 cups diced green bell pepper
- 3-4 Tbsp chili powder, to taste (I used 4 Tbsp of McCormick's chili powder)
- 4 tsp ground cumin
- 2 tsp EACH: smoked paprika and regular paprika
- 2 tsp dried oregano
- 2 tsp garlic powder
- 2 Tbsp Hershey's unsweetened cocoa powder
- 1-1/2 tsp salt
- 1/2 tsp black pepper
- 2 cups fat free beef broth
- 45oz canned crushed tomatoes
- 2 tsp worcestershire sauce
- 1 Tbsp 'Kitchen Bouquet browning and seasoning sauce' *(optional, for color)*

Directions:

- 1 Combine the 'meat mix' in a large bowl, with a utensil. It will be a VERY wet mix. Let it rest for 30 minutes.
- 2 Heat a LARGE pot over medium-high heat. Spray with cooking spray, then add meat. Let the meat sit in the pot for 30 seconds, then break apart the meat. Continue cooking & breaking apart the meat for 10 minutes.
- 3 Add the onions and bell peppers to the meat. Cook for 6 minutes, continuing to break apart the meat.
- 4 Add all of the listed dry spices to the chili and mix till well combined, continuing to break apart the meat.
- 5 When the spices are thoroughly mixed in, add the final 4 'wet' ingredients and bring to a boil. Reduce heat to medium and let simmer for 30-40 minutes, OR, to your desired consistency. **Season to taste.**

Note:

- **BEANS!!!:** If you want to add beans, add 2 (15oz) cans of any type of bean(s) you want, drained & rinsed, with the 'wet' ingredients in Step 5. This will add 3 cups of beans to the chili, giving 12 (1 cup) servings.

Serving Info.:

Yields: 9 cups
Servings: 9
Serving Size: 1 cup



- last checked 01/10/24 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Range
0-0

