

# IDEAL PROTEIN CHILI

Sauté the following in a skillet with 2 teaspoons olive oil:

Two large red or yellow bell peppers, chopped fine  
One bunch green onions, chopped fine

9 to 12 fresh garlic cloves, crushed

Brown 4 pounds of lean hamburger meat

Add sautéed vegetables and :

Two 15 oz cans tomato sauce

1 can water

One 15 ounce can diced tomatoes

Two 4 ounce cans chopped green chilies

1/2 cup chili seasoning

1 tsp chipotle chili pepper

1 tsp cumin

Salt and pepper to taste

Simmer chili for about one hour. This recipe makes eight servings of chili. Each serving contains 8 ounces of beef, and 1 1/4 cups of vegetables, including 3/4 cups of tomatoes. The chili may be frozen in individual portions.