



The MuscleCook's Chili

Makes 9 Cups

Ingredients

- 1.5 lbs of Ground Buffalo (Bison) or Extra Lean Ground Beef
- 1 diced Onion
- 1 diced Green Pepper
- Garlic (3 cloves, minced)
- 1 tbsp of Chili Powder
- 1 teaspoon of Curcuma
- 1 teaspoon of Oregano
- 2 Cans (15oz/can) of Black Beans
- 2 Cans (15oz/can) of Diced Tomatoes (with juice)
- 1 Can (14oz) of Low Sodium Beef Broth
- 1/4 teaspoon of salt / 1 teaspoon of Pepper

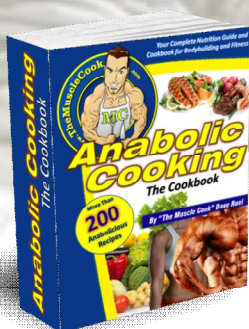
Directions

1. In a pan, Cook the Buffalo, Green Pepper, Onion, Garlic for 5-6 minutes, until it is almost cooked
2. Transfer everything in a big casserole. Add Chili powder, Curcuma, Oregano, Beans, Tomatoes, Broth, salt and pepper
3. Make it boil
4. Reduce intensity and stir for 20 minutes until it reaches wanted thickness

Nutritional Facts

(Per Serving - 1 Cup)

- Calories: 260
- Protein: 30g
- Carbohydrates: 26g
- Fat: 4g



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