



Chili (Low Carb, Keto) with Bread Bowls

Ingredients:

Ground beef, kidney beans, onion, jalapeno, tomato, tomato puree, cayenne, garlic, cumin, chile powder, olive oil. Served with bread bowls and house salad*.

All you do:

1. Twenty-four hours before cooking, thaw the chili pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On cooking day, pull the bread bowls from the freezer to thaw in the refrigerator.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Leave the cover on the thawed chili foil pan and place it on the center rack of the preheated oven. Bake covered for 30-40 minutes. The internal cooking temperature of the chili should reach 165°F on cooking thermometer to ensure that it is cooked through.
3. Serve the chili in a bread bowl with a house salad on the side.

Cooking Instructions for Stove Top:

1. Transfer contents of the thawed chili pan(s) into a medium-to-large soup pot. Heat the pot uncovered on medium-low heat for 20-30 minutes. Make sure to stir the soup frequently as it cooks on the stove top. The internal cooking temperature of the chili should reach 165°F on cooking thermometer to ensure that it is cooked through.
2. Serve the chili in a bread bowl with a house salad on the side.

Cooking Instructions for Slow Cooker:

1. Spray the inside of a slow cooker with nonstick cooking spray or opt for an easier clean up by using a slow cooker liner.
2. Transfer the contents from the thawed chili pan(s) into the slow cooker. Cook the chili on medium-low heat for 5-6 hours or on high heat for 3-4 hours. The internal cooking temperature of the chili should reach 165°F on a cooking thermometer to ensure that it is cooked through.
3. Serve the chili in a bread bowl and with a house salad on the side.

Chef's Tip(s): Only fill the bread bowl ½ full so that the sides can be pulled off for eating! The bread bowl can be refilled.

Dietitian Tips & Notes:

Serve with: leafy green salad and adorn soup with an assortment of toppings, including avocado, jalapeno peppers, banana peppers, tortilla chips, chopped green onions, cilantro, sour cream, and/or shredded cheese.

Leftovers: If you reheat your soup on the stovetop, use a low heat to keep the cream from separating. Create a chili loaded baked potato, a chili stuffed pepper, or serve over grilled corn, bell peppers and zucchini.

Fun Fact: Kidney beans are an inexpensive and versatile ingredient. They are also a good source of fiber, protein, and folate.

Chili Nutrition Facts per serving: 328 calories, 18 g total fat (6 g saturated fat, 0 g transfat), 85 mg cholesterol, 419 mg sodium, 10 g carbohydrates (4 g fiber, 4 g sugar), 31 g protein

Bread Bowl Nutrition Facts per serving: 444 calories, 9 g total fat (1 g saturated fat, 0 g transfat), 71 mg cholesterol, 863 mg sodium, 78 g carbohydrates (5 g fiber, 10 g sugar), 18 g protein

*house salad is good for up to 7 days, do not freeze