



Crock Pot Chili Without The Beans

Here's a great low carb high protein chili for the meat lovers in the group. Start it on a weekend morning and have a family meal for dinner that night with leftovers to enjoy later in the week or to freeze.

Ingredients:

- 1 pound of Laura's Lean ground beef 96/4 (4% fat)
- 1 pound of lean round steak cubed
- 1 twenty eight ounce can of tomato puree or sauce
- 2 cups of beef stock or broth
- ½ cup of canned pumpkin
- 2 cups of sliced mushrooms (I love portabellas and beef together but your choice on the mushroom variety)
- 1 medium zucchini chopped
- 1 medium onion chopped
- 6 cloves minced garlic
- 3 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon garlic powder
- 1 tablespoon olive or coconut oil

Directions:

1. Brown ground beef in a large saucepan and then add to the crock pot.
2. Set the crock pot on high
3. Add: tomato puree, beef stock, pumpkin, 2 tablespoons chili powder, 1 teaspoon garlic powder, 1 tablespoon cumin to crock pot and stir all together
4. Spray the pan you've sautéed the ground beef in with olive oil or coconut oil spray and sauté the onion, zucchini garlic and mushrooms until the veggies have softened.
5. Add the sautéed veggies to the crock pot
6. In the same pan add 1 tablespoon of oil and 1 tablespoon chili powder and mix together.
7. Add cubed round steak to the pan and coat the meat with the chili/oil mixture
8. Brown the meat on all sides and then add to the crock pot
9. Cover and cook on high for two hours, and then low for 2-5 hours

Nutrition info: Makes 10 servings of approximately

- **200 calories and**
- **27 grams protein each**