

Chili

2 pounds ground beef

Brown in a 2-quart saucepan.

Drain and set aside.

1 tablespoon olive oil
1 cup onion – chopped
1 cup green pepper – chopped
2 cloves garlic

Heat olive oil in pan and cook the vegetables until tender.

1-2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon oregano leaves – dried
¼ teaspoon Tabasco sauce
6 medium fresh tomatoes – diced
1 (15-16 oz.) can organic tomato soup, tomato sauce, or salsa

Return browned beef to pan with and add these ingredients.

Heat to boiling, cover and simmer for 1 hour – stirring occasionally.

16 oz. can kidney beans – drained and rinsed
10 large black olives - sliced

Add kidney beans and heat to boiling.

Serve topped with olives.

Makes 6 servings.

To Complete the Meal – serve with 2 cups romaine leaves, 1 cup fresh salad vegetables and 1-2 tablespoons olive oil or serve with ½ cup rice and 2 tablespoons sour cream.

To make gluten-free

Make sure you have gluten free tomato soup/sauce or salsa.

To make Zone Perfect

Use 2/3 teaspoon olive oil on the salad instead of 1-2 tablespoons or only use 1 tablespoon of sour cream.

Zone Blocks for Recipe

Per serving:
4 protein blocks
3 carbohydrate blocks
2 fat blocks