

4-6 cups diced  
tomatoes  
(fresh or  
canned)



2-3 Tbsp  
olive or  
avocado oil



1 large  
onion  
(diced)



1-2 lbs ground meat



2 cloves  
garlic  
(minced)



1/2 tsp  
salt



1/4 tsp  
pepper



2 Tbsp  
chili powder



2-3 cups canned or  
cooked beans

## Optional Ingredients:



zucchini  
(shredded or  
chopped)



peppers  
(chopped)



carrots  
(peeled, shredded  
or chopped)

*Other options: leeks, winter squash, sweet potatoes, corn*

## Directions:

- Heat oil in saucepan.
- Add ground meat, onions, and garlic.
- Cover and cook for about 10 minutes or until meat is cooked through.
- Add the tomatoes and beans. Stir well.
- Cook for 10 more minutes, stirring frequently.
- Add optional vegetables and seasonings (salt, pepper, chili powder). Stir.
- Simmer for one hour.
- Top with toppings of choice.

**Chili toppings: shredded cheese, sour cream, plain yogurt, hot peppers, avocado slices, guacamole, scallions, cilantro, raw onions, hot sauce, corn chips, etc.**