

Low-Carb Chili



Serves 8

Ingredients:

- 3 pounds ground meat (beef, pork, and/or turkey)
- 1 large onion, chopped
- 8 cloves garlic, minced
- 1 (28 ounce) can diced tomatoes*
- 1 $\frac{1}{2}$ cups cold brewed coffee
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon paprika

Adapted from Duke Lifestyle Medicine Clinic

- 1 tablespoon low-carb sweetener
- 1 tablespoon vinegar
- Salt, to taste

Instructions:

Big skillet method:

1. Brown meat and drain off excess grease.
2. Add onion and garlic and cook until soft. Add remaining ingredients and cook for at least 20 minutes.
3. Add salt to taste just prior to serving.

Slow cooker method:

1. Brown meat in a skillet and drain off excess grease.
2. Place meat and remaining ingredients in a slow cooker, and cook on low for 8 hours or on high for 4 hours.
3. Add salt to taste just prior to serving.

Note:

*Look for a brand with 4 grams of total carbohydrates or less per $\frac{1}{2}$ -cup serving.

Nutrition per serving: Calories 334; Total Fat 20.2 g; Saturated Fat 7.5 g; Monounsaturated Fat 9.0 g; Polyunsaturated Fat 0.8 g; Total Carbohydrates 8.0 g; Dietary Fiber 3.3 g; Sugar Alcohols 0.2 g; Sugars 3.7 g; Protein 29.8 g; Sodium 274 mg