



FOR THE LOVE OF YOU COACHING
BY RACHEL



Easy Chili

Ingredients

- 2 lbs grass-fed ground beef, chicken or turkey
- 2 peppers (red, green, yellow or orange), chopped
- 1 large Red onion, chopped
- 2 cups of Mushrooms, diced
- 1 large bottle of salsa – the less sweet the better for sugar content
- 2 large cans of diced tomatoes OR 3 medium cans of diced tomatoes with added spices - I like to use the 'chili' ones)
- 2 cans of Red kidney beans, rinsed.

Instructions

1. In a skillet on medium heat, cook the ground meat. Drain fat.
2. Cook onions, peppers and mushrooms.
3. Once meat and veggies are ready, transfer to a big pot
4. Add the Salsa, diced tomatoes and Kidney beans
5. Simmer for 1 hour and serve
6. I like to put the leftovers in mason jars and freeze them.