



 8 - 10 servings |  20 minute prep / 8-10 hours cook time

2x2 Chili

INGREDIENTS

2 lbs Ground Meat of Choice
2 c. Seasoning Blend
2 Cans Diced Tomatoes
2 Cans Rotel
2 Cans Light Red Kidney Beans
2 Cans Dark Red Kidney Beans
2 Cans Black Beans
2 Tbsp Chili Powder
2 c. Frozen Corn
Toppings of choice

DIRECTIONS

1. Start by browning meat until cooked and draining and rinsing well. For an E meal you want to use very lean meat and rinse well under hot water!
2. Add seasoning blend to the pan to soften the onion
3. Put meat and onion mixture into crock pot
4. Add diced tomatoes and Rotel to crock pot
5. Drain and rinse well all 6 cans of beans
6. Add beans and corn to crock pot with chili powder, mix well until thoroughly combined.
7. Cook on low all day (at least 4-6 hours) or simmer slowly together on the stove for 45-60 minutes until all ingredients combine.

NOTES

This is an E meal if you use very lean (99% Lean) chicken or turkey breast. If you prefer ground beef or venison drain your meat well and rinse under hot water to get all the fat out.

Top with 0% Fat Free Greek yogurt, or top with sour cream and chese to enjoy a delicious XO!