



## *Bariatric Chili*

***We've got a protein packed bariatric chili recipe (yes, we included beans for protein) that's sure to help you reach your daily protein goals within a bariatric portion size.***

### **Ingredients:**

- 1 Tbsp olive oil  
(or cooking spray)
- 1 lb ground beef
- 1/2 medium chopped onion
- 15.5 oz dark red kidney beans
- 14-15 oz can diced tomatoes
- 1 small jar chopped green chilis
- 3/4 tsp garlic powder
- 3/4 tsp ground cumin
- 2-4 tsp chili powder
- 1 cup water

### **Directions:**

1. Add cooking oil (or cooking spray) and ground beef to a pan on medium-high heat.
2. Brown ground beef
3. Drain fat and return to skillet
4. Add in onions & saute until semi-translucent
5. Add in kidney beans, diced tomatoes, green chilis, and your seasonings; mix thoroughly.
6. Add in 1 cup of water
7. Bring to boil- and keep it boiling for 15-20 minutes.
8. Add cilantro or parsley to garnish. Serve & Enjoy!



*“Setting goals is the first step in turning the invisible into the visible!” - Tony Robbins*