



Slow Cooker Chili

“Chili is such a great treat on a cold winter day. This slow cooker chili is one of the best I have ever had, and is packed full of protein with very little fat or carbs! It’s really nice to come home from a long day of work and have a hot dinner already waiting for you.” – Kelly May

Prep Time: 15 min.

Cook Time: 8 hrs.

Ready In: 8 hrs. 15 min.

Serving Size: 10 servings

Ingredients

- ✓ 2 pounds ground beef
- ✓ 2 (16 ounce) cans kidney beans, rinsed and drained•
- ✓ 2 (14.5 ounce) cans diced tomatoes, undrained
- ✓ 1 (8 ounce) can tomato sauce
- ✓ 1 medium onions, chopped
- ✓ 2 bell peppers, chopped
- ✓ 2 cloves garlic, minced
- ✓ 2 tablespoons chili powder
- ✓ 1 teaspoon cumin
- ✓ Salt and pepper to taste

Directions

1. Cook ground beef in a large skillet with garlic until meat is no longer pink, drain grease and transfer to slow cooker.
2. Add all other ingredients to slow cooker, mix and then cover. Cook on low for about 8-10 hours or on high for roughly 4 hours.

Nutrition

Amount per serving

- ❖ Calories: 330
- ❖ Total Fat: 13 g
- ❖ Total Carbs: 29
- ❖ Protein: 26
- ❖ Cholesterol: 60 mg
- ❖ Sodium: 337 mg