

Southern Chili

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 12 servings

PER SERVING, excluding garnish:

212.5 Calories

11.32g Carbs

2.5g Fiber

8.82g Net Carbs

19.51g Protein

10.2g Fat

(43% Fat, 36.6% Protein, 20.4% Carbs)

INGREDIENTS

1 lb lean ground beef

1 lb lean ground turkey

1 tbsp olive oil

1 red bell pepper, chopped

1 green bell pepper, chopped

2 medium onions, chopped

1 28-oz can diced tomatoes

1 small can green chiles

1 28-oz can tomato sauce

2 tbsp hot chili powder or more

1 tbsp Cajun spice mix

Sour cream and shredded cheddar for garnish (optional)

DIRECTIONS

Over medium heat, brown the meats. Drain and put aside.

In a large pot, heat up the oil and cook the bell peppers and onions until softened but not browned. Return the browned meat.

Add the tomatoes with their juices, tomato sauce, chiles, chili powder and Cajun spice. Simmer for 2 hours.

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