



## Dr. Laleh's Black Bean Chili

### Ingredients

### Amount

Organic grass fed lean ground beef	1 lb
Yellow onion	1 large
Fresh garlic	6 cloves
Organic crushed tomatoes	1 carton (~24-26 oz)
Organic medium salsa	½ C
Organic hot sauce (Lola's, or any other brand)	To taste/ as tolerated
Organic low sodium black beans	16 oz
Organic yellow bell peppers	1 large
Baby Bella mushrooms	1 C sliced
Coconut Aminos	1 TBS
Dr. Laleh's All purpose spice blend	1 TBS
Extra virgin olive oil	1 TBS

### Preparation:

Pre-heat a large cast iron pot (or regular non-Teflon pot) on medium

Heat olive oil

Slice onions and garlic, add to the pot and brown in olive oil.

Add ground beef, break down with wooden spatula and mix well.

Cook covered on medium for 1 minute, then mix again until beef is cooked evenly.

Add Spices and coconut aminos, and hot sauce and cook covered for 2 minutes, add small amount of water if needed.

Add sliced mushrooms, peppers, and some water and cook covered for 3-5 minutes.

Add crushed tomatoes and salsa mix well and cover. Lower temperature and simmer for 15 minutes mixing periodically.

Add black beans (undrained) to the pot, add water to the bean can and mix and add the rest to the pot.

Simmer chili on very low for 45-60 minutes. Check and mix periodically to avoid sticking/ burning.

Serve hot over cauliflower rice, quinoa, or lentil pasta.

**Nutrition Facts**

Servings 6.0

Amount Per Serving

**calories** 236

**% Daily Value \***

**Total Fat** 6 g **9 %**

Saturated Fat 2 g **8 %**

Monounsaturated Fat 2 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 40 mg **13 %**

**Sodium** 208 mg **9 %**

**Potassium** 431 mg **12 %**

**Total**

**Carbohydrate** 24 g **8 %**

**Dietary Fiber** 6 g **26 %**

**Sugars** 6 g

**Protein** 20 g **40 %**

Vitamin A **20 %**

Vitamin C **127 %**

Calcium **11 %**

Iron **11 %**