

Three Bean Chili and Green Salad

Chili:

1. In a large pan or Dutch oven add a little bit of olive oil and start to brown the Grass-fed ground beef. Add salt and pepper to the beef.
2. When the beef is starting to brown add the organic tomatoes. Turn the heat to medium and let the meat and tomatoes cook together for about 10 minutes. The tomatoes will become tender, and you can smash them all with a fork. You may want to poke them with a fork first, then smash them. They are hot.
3. Add the beans (organic pinto, kidney, and black), and chili powder (all organic spices). Simmer on low for 20 minutes.
4. If your chili thickens too much, you can thin it out with just a little water. I love a thick chili. This will be your personal preference. 😊

Green Salad:

1. Dress the salad greens with the Salad balsamic dressing.

Plate:

Put some chili in a bowl and top it with the cheese. Add some salad to a small salad plate. Enjoy!!