

## **Chili with Alpine Ranch Chili Starter 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 chili starter (container B for small kits) and liquid.  
Liquid: You can add, water, beer, or beef broth. I personally love this recipe with beer. Add 1 cup if you have 2 servings 1.5 cups if you have 4 serving.
3. Add the beans (organic pinto, kidney, and black),
4. Turn the heat to low and let the meat, beans, and sauce cook together for about 30 minutes.
5. 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. 😊

### **Sweet Pepper Vinaigrette Salad:**

Wash and chop the red leaf lettuce. Chop the carrot into small pieces. Dress with Sweet Pepper Vinaigrette (container A)... it is a little spicy.

### **Plate:**

Put some chili in a bowl and top it with cheese or sour cream if you like that sort of thing. Add some salad to a small salad plate. Enjoy!!