

# Comfort Chili

Chili is such a great comfort food and don't think that because you are doing the 10 in 10 challenge you need to cut it out of your meal plan. This comfort chili has no beans. Even without the beans, it's extremely satisfying and filling. Snuggle up with a blanket, a good football game (if your team is the Patriots, I'm ok with that) and this bowl of chili and all your worries will melt away. No matter how much football you watch on a Sunday, you will have leftovers. This chili will keep in the fridge for about 5 days and then you can have leftovers for dinner the next night (because who wants to cook dinner every single night) or for lunches during the week.

1) In a medium size bowl, combine all the ingredients except the ground beef and stir together.

2) Place the beef in the crockpot and pour the tomato and seasoning mixture over the ground beef. Stir to combine.

3) Cook on low 8 hours or high 6 hours.

4) Top with your favorite toppings such as: cilantro, fresh tomatoes and onions, scallions or avocado. To up the veggie intake for the dish, put a cup of fresh spinach in your bowl then top with the chili.

\*considering adding 1 tsp. of nutritional yeast for a creamier texture and a serious boost of vitamins. Add the yeast only to your portion of the chili. Mix it in once you put it in your bowl.

\*\*forgot that this is a crockpot recipe? You can cook this on the stove. Follow the first two steps, placing the ingredients in a big pot or dutch oven and cook for 2-3 hours (make sure that the meat is fully cooked).

Recipe by Kristin 10/2/16