

**Recipe can be Low GL or Medium depending on beans used.**

## **Bob's Amazing Chili Recipe**

**Makes ten 1.5 cup servings**



### **Ingredients**

- 1 large onion, chopped
- 3 cloves garlic
- 2 lbs extra lean ground beef or ground turkey (or half of each)
- 1 large green pepper, chopped
- 4-5 stalks celery, sliced
- 2 cans (15-16 oz each) whole tomatoes, cut into pieces
- 1 can (6 oz) tomato paste
- 1 Tbsp salt
- 1 tsp Stevia or Xylitol
- 1/4 cup chili powder (or more to taste)
- 1 tsp red pepper sauce
- 2 tsp Worcestershire sauce
- 2 small cans diced green chilies (or 4 whole roasted green chilies, peeled & diced)
- 1 can black beans, including juice
- 1 can red beans, including juice

### **Directions**

Cook and stir meat, onion, and garlic until meat is light brown, then drain.

Stir in remaining ingredients except beans.

Heat to boiling, reduce heat cover and simmer 30 minutes, stirring occasionally.

Add beans (don't drain) and simmer another 45 minutes or until desired consistency, stirring occasionally.

Garnish with plain Greek yogurt or grated low-fat or fat-free cheese and diced green onions.

Find more great recipes at [www.TrinityHealthWeightLoss.com](http://www.TrinityHealthWeightLoss.com)

#### **Glycemic Load of dish varies depending on the type of beans used**

Beans, cooked from dried beans. (Low glycemic)

Beans, canned. (Medium glycemic)

#### **How long you soak your dried beans also changes the Glycemic Load**

Beans, dried, **soaked 30 min**, then boiled 1 hour

Beans, dried, **soaked 12 hours**, then boiled 1 hour

Beans, dried, **soaked 12 hours & stored moist 24 hours**, boiled 1 hour

**For lowest GL use dried beans soaked only 30 minutes prior to cooking.**

**GL**

**7**

**12**

**GL**

**6**

**12**

**17**

Nutrition Facts	
Serving Size 268 g	
Amount Per Serving	
Calories 224	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1090mg	45%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	29%
Sugars 5g	
Protein 22g	