



## Kaitlyn's Chili Recipe

### Ingredients:

- 1 Diet Right Veggie Chili Packet
- 4-6 oz lean ground beef
- $\frac{3}{4}$  cup water
- 2 cups diced peppers
- $\frac{1}{2}$  cup diced onions
- 2 tsp Olive Oil
- $\frac{1}{2}$  Tbsp Worcestershire sauce
- $\frac{1}{2}$  Tbsp Liquid Smoke Flavor
- 1 tsp Yellow Mustard
- Hot Sauce to taste
- Paprika to taste
- Crushed red chili flakes to taste
- Salt & Pepper to taste

### Directions:

1. Heat olive oil in a saucepan, sauté peppers and onions until soft with a slight char. Set aside in a bowl.
2. In the same heated saucepan, brown ground beef. Set aside with the peppers and onions.
3. In the same heated saucepan, add water and Diet Right Veggie Chili packet, stirring until combined.
4. Add all remaining spices into the veggie chili mix. Stir regularly for 4-5 minutes. Chili should reduce to a thicker consistency.
5. Add in ground beef and vegetables once chili is cooked. Mix thoroughly and cook an additional 2-3 minutes.
6. Enjoy!

Servings: 1

Each serving: 4-6 oz lean protein, 2  $\frac{1}{2}$  cups Select Vegetables, 1 Protein Product, 2 servings healthy fat.

**716-320-1515**  
**DietMentor.com**  
**info@dietmentor.com**