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Chili (Mike Geary's Fat-Burning Chili Recipe)

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[Karlease Ruddock](#)

ingredients

- 1.5 lbs of a healthy type of ground meat (I like to use ground grass-fed buffalo, ostrich, venison, or grass-fed beef as preferred choices... as a last resort, lean ground turkey or chicken can work also -- try to NEVER use factory-farm raised meat)
- 1 large red pepper diced
- 5-6 jalapeno peppers diced (adjust based on your desired "hotness")
- 2 large onions diced
- 2 tbsp extra virgin olive oil
- 1 large can crushed tomatoes or 5-6 large fresh tomatoes diced
- 1 can of kidney beans or black beans (good source of antioxidants and fiber)
- half a bag of frozen chopped spinach (adds extra nutrient density... add in towards the end of cooking)
- 2 tbsp molasses (this is a good source of antioxidants, adds great flavor, and only adds minimal sugar)
- 2-3 squares of extra dark chocolate (trust me...this adds just a touch of great extra flavor, and a little bit of extra antioxidants)
- 1 or 2 tbsp of chili powder
- 1 or 2 tsp of cumin
- 1 or 2 tbsp of crushed garlic
- if you like your chili extra HOT, add some cayenne pepper to the mix also (this is also a metabolism booster!)
- a small touch of celtic sea salt (I don't measure... I just use a couple small pinches)

- 1/2 cup oat bran (adds fiber and also helps soak up some of the extra moisture)
- I also like to add some fresh chopped cilantro while it's cooking
- Some avocado (for use as a topping after chili is cooked and served)
- some grass-fed raw cheese if you can find it (topping after cooked)

directions

- 1

Use a large pot and start with the olive oil and ground meat cooking. Just start adding all of the diced vegetables and other ingredients as you get them ready. If you want to get a little crazy, and increase the nutrition content of this chili even further, you can even mix the ground meat you're using with ground grass-fed organ meats (like this healthy organ meats article described) since organ meats are the most nutrient-dense meat types available.

- 2

Once it's all together and cooking in the pot, reduce heat to low and simmer for 40-50 minutes. Top each bowl with freshly diced ripe avocado (which adds even more satisfying healthy fats) and sprinkle with shredded raw grass-fed cheese. You've got an awesome hot delicious meal! This recipe makes about 6 servings.

- 3

Save the leftovers and bring healthy lunches or midmeals with you to work each day.

- 4

It doesn't get any more nutrient dense than this! This is the type of meal that is so dense in micro-nutrients, that it will satisfy your body's needs for nutrition (hence, eliminating cravings), but do it without overloading on calories.

- 5

Approximate macro-nutrient breakdown per serving:

- 6

36 g. protein, 44 g. carbs, 9 g. fiber, 14 g. fat (all healthy fat), 430 calories

notes

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Source: Mike Geary, author of "The Truth About Six-Pack Abs"

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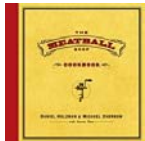
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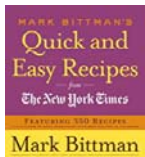
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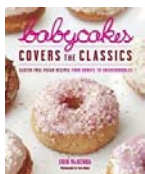


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