

Chili

8 servings

15m prep time, 45m cook time

Chili

1	4 tbsp 2 cloves 4 tbsp 4 stalks	Olive Oil Garlic, finely chopped Shallots, chopped Celery, chopped	Briefly sauté garlic, shallots, and celery in olive oil using a stockpot
2	1 pound 1/4 pound	Ground Beef Pork Sausage	Add in the ground beef and pork sausage, cook until browned.
3	2	Green Bell Peppers, chopped	Add in the bell peppers, continue cooking until the peppers are soft
4	4 tbsp 1/2 cup 1/2 cup 2 tbsp	Better Than Bouillon Chili Base Red Wine Kidney Beans Chili Powder, or to taste Salt and Pepper, to taste	Add the remaining ingredients, simmer for 30 mins
5	4 ounces	Cheddar Cheese, grated	Serve sprinkled with cheddar cheese

Recipe taken from *The Diabetes Diet*¹

¹Richard K. Bernstein. *The Diabetes Diet*. Little, Brown and Co., 2005.