

# Healthier Lifestyles - with Coach Linda

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## Chocolate Chili

(THM S)

This is a great low carb Chili with no beans. It has a special ingredient: Cocoa Powder. No, it won't be sweet like chocolate, it will just give a nice robust flavor to the chili. If you are serving this to those who want the carbs then they can add in some beans to their portion and some corn chips if they like. For low carb eaters, with the good flavor already there, you won't miss those add-ins.

### Ingredients

- 2 lbs Ground Beef
- 1 Onion, chopped, about 1 c. (or 10-12oz. Frozen)
- 4 tsp. Minced Garlic
- 1 ½ c. Beef Broth (14-15oz. can)
- 15 oz. can Petite Diced Tomatoes
- 6 oz. can Tomato Paste
- 1 tsp. Salt
- 1 tsp. Oregano
- 1 ½ T. unsweetened Cocoa Powder
- 2 T. Cumin
- 2 T. Chili Powder

### Instructions

1. Brown the ground beef and onion together, and drain the grease.
2. Add remaining ingredients and simmer for at least 30 minutes to blend flavors.
3. Or put the cooked beef and onion and remaining ingredients in a crockpot and set on low for several hours.
4. Serve with shredded cheddar cheese and sour cream, if desired.