

## Kickin' Chili



**Prep Time:** 30 minutes

**Cook Time:** 6 Hours

### Ingredients:

1. 2 ½ lbs. Lean Ground Beef
2. 1 Medium Red Onion (chopped and Divided)
3. 4 Tbs. Garlic (Minced)
4. 3 Large Ribs Celery (Diced)
5. ¼ Cup Pickled Jalapeno Slices
6. 1 - 6 oz. Can Tomato Paste
7. 1 – 14.5 oz. Can Tomatoes & Green Chilies
8. 1 – 14.5 oz. Can Stewed Tomatoes with Mexican Seasoning
9. 2 Tbs. Worcestershire Sauce
10. 4 Tbs. Chili Powder
11. 2 ½ Tbs. Cumin (Mounded)
12. 2 tsp. Salt
13. 1 tsp. Garlic Powder
14. 1 tsp. Onion Powder
15. 1 tsp. Oregano
16. 1 tsp. Black Pepper
17. ½ tsp. Cayenne
18. 1 Bay Leaf

### Nutrition Facts

Amount per serving: 1 cup

<b>Calories</b>	137
<b>Net Carbs</b>	4.7 net g
<b>Total Fat</b>	5 g
<b>Protein</b>	16 g

### Directions:

1. Heat slow cooker on low setting.
2. In a large skillet over medium-high heat, add ground beef, half of the onion, 2 Tbs. minced garlic, and a pinch of salt and pepper. Once the beef is browned, drain excess grease from pan.
3. Transfer ground beef mixture to slow cooker. Add remaining onions and garlic, celery, jalapenos, tomato paste, tomatoes and chilies (with liquid), stewed tomatoes (with liquid), Worcestershire sauce, chili powder, oregano, black pepper, and bay leaf.
4. Stir until all ingredients are well combined. Cook on low 6-8 hours.