



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

No-Bean Veggie Chili

YMCA of Northern
Rock County

**Here's a great way to get some veggies into the whole family, even if you don't like veggies!
This is a very versatile chili, so feel free to make additions or substitutions
with leftovers in your refrigerator.**

Servings: 8 (approx 1 1/2 cups each)

Ingredients:

- 1 1/2 pounds ground beef
- 2 cloves garlic, chopped
- 2 tablespoons oil
- 1 1/2 cups onion, diced, about 1 large onion
- 1/2 cup chopped celery, about 1 stalk
- 1 1/2 cups carrots, peeled and diced, about 4 medium carrots
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper (optional)
- 4 cups zucchinis, diced, about 2-3 medium zucchinis
- 1 15-ounce can tomato puree or tomato sauce
- 1 15-ounce can diced tomatoes
- Vegetable broth, optional if thinner consistency is desired



Directions:

- Step 1 - In your seasoned skillet or 5-6 quart large cast iron pot, brown beef and garlic. Cook over medium heat until beef is thoroughly cooked and browned. Drain off excess fat, set aside.
- Step 2 - Add oil, onions, celery, carrots, and seasonings to the skillet and cook until translucent over medium-high heat, about 5-7 minutes. Once onions are golden and veggies are midway cooked, add zucchini and cook for 2 minutes, making sure you stir everything well.
- Step 3 - Add cooked beef, tomato puree/sauce, and tomatoes into the pot and stir well. Bring everything to a boil, stirring frequently, reduce heat and simmer for 20 minutes.
- Step 4 - Check every so often and stir. Add additional broth for a thinner consistency.
- Step 5 - Serve immediately.
- Step 6 - Freeze leftovers in 1 cup to 1 1/2 cup servings for quick lunches.

Nutritional Information:

Calories: 294
Fat: 10.3g
Carbs: 27.3g
Protein: 26g

Recipe courtesy of:
<https://www.laurafuentes.com/paleo-chili-recipe-all-meat-veggie/>