

## RECIPE: CHILI

### BEVERAGES

Chicken broth or water, 8 oz.

### CONDIMENTS & OIL

Extra virgin olive oil, 1.25 fl oz.

Soy sauce, 1 fl oz.

### POULTRY

Ground turkey breast or lean ground beef, 16 oz.

### SPICES & SEASONINGS

Ground cumin , 0.43 oz.

### VEGETABLES

Broccoli, 6.5 oz.

Garlic, 0.91 oz.

Onion (medium, yellow), 1

Red chili flakes, 0.33 oz.

Baby spinach, kale, or Swiss chard, 2 cups

### MISCELLANEOUS

Canned black beans, 30 oz.

Canned kidney beans, 30 oz.

Canned fire roasted organic crushed tomatoes, 14.5 oz.

### OPTIONAL TOPPINGS:

Jack or sharp cheddar cheese, fresh onion, or sour cream, to taste