



Lockdown Chili (Z3.5 Version)

Plan Z Phase: This is a Z3.5 ([ZReboot 3.5](#)) recipe.

This chili is a bit spicy. You can back off on any of the seasonings if you want it milder. I thought – what better time to have a spicy chili than when I am in lockdown, practicing social distancing.

Servings: Serves 6.

Ingredients:

- 1 pound of ground sirloin
- 1 cup of chopped onion (yellow, white or red)
- $\frac{1}{2}$ of a green bell pepper, diced
- $\frac{1}{2}$ of a red bell pepper, diced
- 15 oz can of diced tomatoes. I used fire-roasted.
- 15 oz can of pinto beans in sauce. I use Bush brand chili beans. They have a nice gravy. Choose mild to hot.
- 3 – 4 cups of beef broth. This just depends on how thick you like your chili or if you like it more like soup.
- 2-1/2 Tbl chili powder
- 2 Tbl ground cumin

- 1 Tbl garlic powder
- 1 tsp of grated sea salt or to taste
- $\frac{1}{2}$ tsp of ground pepper
- $\frac{1}{4}$ tsp of ground cayenne pepper (optional)
- cheddar cheese, grated (optional)
- olive oil spray

Instructions:

Spray your soup pot with olive oil on medium high heat Add the ground beef. Break it up as it begins cooking. When it's about $\frac{1}{2}$ way cooked (about 5 minutes), add the onion and the bell peppers. Cook a few minutes more just to loosen up the veggies. When no pink remains in the beef, add the rest of the ingredients except the cheese. Bring the chili to a boil and then turn down to simmer. Cook for 15 – 20 minutes.

Add grated cheddar on top to serve.

Enjoy!

Cheers,