

Home-made low calorie chili recipe

Ingredients

- 1 package cauliflower rice
- 1 big can diced tomatoes
- 1 package ground beef or ground turkey
- 1 container mirepoix
- ¼ cup parmesan cheese
- Taco seasoning
- Cilantro

Directions

1. Stir-fry beef and mirepoix in separate pans (with oil spray) for 7-8 minutes
2. Combine all but cauliflower rice and let simmer with taco seasoning for 10+ minutes
3. Stir-fry cauliflower rice separately
4. Add beef mix and cauliflower to same bowl
5. Top with parmesan, cilantro, and jalapeno

