

# Chili Or Spaghetti

**Prep Time:** 10 Min **Cook Time:** 20 Min **Total Time:** 30 Min  
Serves 10

## Ingredients

- 1000g lean ground beef
- 1000g tomatoes
- 1 small can of tomato paste (optional)
- 1/2 tsp white or black pepper
- 1/2 tsp cayenne pepper (more or less depending on your 'mild' or 'spicy' taste buds)
- 2 tsp sea salt
- 2 tsp chili powder
- 2 tsp Italian seasoning
- 2 bay leaves
- 1 Tbsp onion powder
- 1 Tbsp garlic powder

## Instructions

- 1 Fry beef in a large non-stick pan & discard excess grease
- 2 Add all seasonings
- 3 Chop 1 or 2 tomatoes and puree the rest of them
- 4 Add to meat
- 5 Cook on medium heat for 15 minutes stirring occasionally
- 6 \*To enhance & combine all the flavours I will often add 1/2 cup of water & simmer for 3-4 hours

## Notes

For a spaghetti style dinner pour your chili over a bed of Shirataki noodles, make an 'on protocol' lettuce or caesar salad, and serve with 2 garlic gressin breadsticks. Enjoy!

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