

## **No Bean Chili**

### ***Ingredients:***

1 lb. ground beef  
1 onion finely chopped  
1 large red pepper finely chopped  
14.5 oz can diced tomatoes  
6 oz can tomato paste  
32 oz box low sodium vegetable broth  
1/2 tsp salt  
1 tsp black pepper  
2 Tbsp chili powder  
2 Tbsp cumin  
1 Tbsp dried cilantro  
hot sauce individually to taste  
shredded cheese (optional)

### ***Directions:***

Cook beef, onion, red pepper and seasonings in a large pot till beef is browned and vegetables are tender. Add the remaining ingredients (except for hot sauce) and bring to a boil. Reduce heat and simmer on medium heat for 45 minutes. You may sprinkle cheese or hot sauce on top as desired.