

Recipe from Family and Friends

From the Kitchen

Chile con Carne Z of Jim Gurley

4	Pound	Beef, ground sirloin lean
1	1/2 Pound	Beef, stew meat
4	Cup	Onion, chopped
6	Can	Tomato, Sauce
6	Pound	Tomato, Diced canned
2	Can	Chilies/Tomatoes, Diced
1	Cup	Garlic, chopped
6	Tablespoon	Chile powder
4	Teaspoon	Cumin
4	Cup	Water, Cold
2	Teaspoon	Salt
6	Whole	Bay Leaves
		↓optional↓ Zone diet combo
2	Pint	Beans, Navy
4	Ounce	Cheese, American

Category
Entrees

Servings 36 **Carb** 63.32
grams/Servings

Notes

- Dice tomato 14.5oz can
- Tomato Sauce can 15 oz
- Rotel 10 oz cans Chiles/Tomatoes

Pot size used is a water bath canner. Medium onion are 2 onions = 1 cup fine chopped.

Instructions

Boil ground beef and cut up stew meat into little finger digit size chunks then brown. Drain and wash both beef types to reduce oil/fat.

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Chop onions coarse size (ring finger nail)and fine chop the garlic. Add all to a big pot (larger than 6 quart) Add all spices and stir.

Cook for 40 minutes on medium heat and stir frequently.

Zoned 2300-4700-2700 9800 calories
20-49-28

Heritage

Party size batch or put in cans or freezer containers.

2/2/2011 added 1 quart of garden tomatoes in place of diced.

6/20/11

8*16*13 2 Quarts

6/28/14 2 Quarts Garden tomatoes 6 sauce 2 rotel sliced garlic 2 tbls cumin