

Recipe from Family and Friends

From the Kitchen
of Jim Gurley

Chile con Carne Z			of Jim Gurley	
4	Pound	Beef, ground sirloin lean	Category	Entrees
1	1/2 Pound	Beef, stew meat		
4	Cup	Onion, chopped	Servings	Carb 63.32 grams/Servings
6	Can	Tomato, Sauce		
6	Pound	Tomato, Diced canned	36	
2	Can	Chilies/Tomatoes, Diced		
1	Cup	Garlic, chopped	Notes	
6	Tablespoon	Chile powder		
4	Teaspoon	Cumin	•Dice tomato 14.5oz can	•Tomato Sauce can 15 oz
4	Cup	Water, Cold		
2	Teaspoon	Salt	•Rotel 10 oz cans Chiles/Tomatoes	
6	Whole	Bay Leaves		
		↓ optional ↓ Zone diet combo	Pot size used is a water bath canner.	Medium onion are 2 onions = 1 cup fine chopped.
2	Pint	Beans, Navy		
4	Ounce	Cheese, American		

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.

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