



Sunny's Skyline Chili

Prep Time - 15 minutes

Cook Time - 30 minutes

Servings - 6

Ingredients:

- · 2 cups water
- · 3 ounce tomato paste
- · 1 pound impossible meat
- · ½ cup onion finely diced
- · ½ Tablespoon chili powder
- · ½ Tablespoon Worcestershire sauce
- · ½ Tablespoon apple cider vinegar
- · ½ Tablespoon stevia light brown sugar
- · ½ teaspoon ground cumin
- · ½ teaspoon cinnamon
- · ¼ teaspoon ground nutmeg
- · ⅛ teaspoon ground allspice
- · ⅛ teaspoon ground cloves
- · ½ ounce dark chocolate OR unsweetened cocoa powder
- · 1 bayleaf

Instructions:

1. In a large dutch oven combine the water and tomato paste. Whisk together to combine.
2. Crumble the meat with your fingers and add to the liquid in the pot.
3. Add all remaining ingredients to the pot and stir to combine.
4. Bring a pot of chili to a simmer over medium heat. Cover and lower heat. Let simmer for 2-3 hours stirring occasionally. Skim grease from the top as needed.

Calories 200 - 10%	Total Fat 10g - 15%	Carbs 13g - 5%	Fiber 3g - 12%	Sugar 4g - 5%	Protein 13g - 27%	Sodium 300 mg - 15%
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