

---

# THE CrossFit *kitchen*

---



## CHAN CHILI

### overview

A quick and easy recipe for Paleo chili

### recipe yields approximately 8 cups

16 protein blocks

8 carbohydrate blocks

16 fat blocks

### ingredients

1.5 lb. ground beef

3 cups onion, chopped

~ 80 olives, chopped

4 cups zucchini, chopped

2 cups salsa

### notes

*A 1/2 cup of Chan Chili contains approximately 1 block of protein, a 1/2 block of carbohydrate, and 1 block of fat. Simply eat an additional 1/2 block of carbohydrate for a complete 1-block meal.*

### directions

1. Chop onions, zucchini and olives.
2. Brown ground beef in skillet.
3. Saute onions and zucchini in skillet.
4. Mix ground beef, olives, zucchini and onion together in a large stock pot.
5. Pour salsa into chili and stir well.

