

RECIPE TIME WITH DR. BOZ (no-really, I actually cooked something!)



Before sharing this recipe, I would like to make it clear I AM NOT A CHEF! That being said, even I think this recipe is pretty easy (albeit time consuming if you are slow like me), and we're talking about a guy who somehow managed to mess up a Weight Watchers recipe only having two ingredients (don't ask). The hardest part for me was prepping the vegetables, seeing as I really don't eat them raw (or cooked for that matter). Because of this, I try to buy as many ingredients either canned or pre-cut, but I'm pushing myself to buy fresh and organic produce so I know exactly what's going into my body.

Here is the (soon to be famous) recipe for **Dr. Boz's "He Likes It! Hey Mikey!" Chili**

- 2 lbs 95% Extra Lean Ground Beef
- 2 cans (15oz. each) Organic Dark Red Kidney Beans drained
- 1 can (15oz) Chili Beans not drained
- 1 can (14.5oz) Diced Organic Tomatoes
- 1 can (15.5oz) Organic Tomato Sauce
- 2 Red Bell Peppers
- 7oz Yellow or White Onion
- 1 Fresh Garlic Bulb (no, that is not a typo)
- 2Tbsp Chili Powder
- 1 tsp Garlic Salt

This recipe can be made in a slow cooker on high for 4 hrs 30 minutes. Alternatively, you can cook it 10-12 hours on low if you prefer. The order of ingredients added is not important. What **IS** important is continuing to mix items as you add a new ingredient. The only thing I do specifically is put in the garlic salt and chili powder last. Everything else is added as I get it prepped and weighed.

Speaking of weighing things, **ALL** ingredients (minus the chili powder and garlic salt which were measured) were weighed individually. One of my new "kicks" is weighing everything I eat. You'd be surprised how the calories can change if you take the time to measure ingredients. This is most noticeable with produce, as many recipes call for a certain size. Me, being ignorant of such things and having no clue what a "large bell pepper" looks like, I find it is just easier to weigh what I eat. Ground beef is another good example, since the raw weight does not translate to the same cooked weight. In the recipe I made today, my 34.3oz of raw hamburger turned into 18.6oz cooked . . .

Which leads me to another tip: **Rinse, drain, and pat dry your ground beef.** I'd always done this, but I never really knew how dramatic a nutritional difference you see from a fairly simple process. By rinsing, draining, and blotting your hamburger, you eliminate approximately **2/3 of the fat and 44% of the calories.** Nutrients generally remain, although the texture is a little less enjoyable and the flavor is not quite the same. In other words, this is a great process to follow for recipes with many other ingredients having lots of flavor (like chili!), but not so much when the meat needs to stand on its own. Below is a table summarizing observed changes in caloric and fat content from different methods of ground beef preparation:

Nutrient Comparison

3-ounce cooked portion, pan-broiled to medium doneness

73% Lean/27% Fat Ground Beef

Preparation Type	Calories	Fat (grams)
Pan-broiled patties	248	18
Pan-broiled patties after blotting	230	16
Pan-broiled crumbles after blotting	195	12
Pan-broiled crumbles after blotting and rinsing	135	6

80% Lean/20% Fat Ground Beef

Preparation Type	Calories	Fat (grams)
Pan-broiled patties	230	15
Pan-broiled patties after blotting	217	14
Pan-broiled crumbles after blotting	191	11
Pan-broiled crumbles after blotting and rinsing	130	5

Sources: Iowa State University, Dept. of Food Science and Human Nutrition, Nov.1992
USDA Nutrient Database for Standard Reference, Release 11-1(1997)

To put a different spin on it, you can buy the least expensive hamburger, rinse/blot it after cooking, and the nutritional content is similar to that found in Extra Lean (95%) ground beef. It's easy. It's healthier. And it saves money! How great is that?

Another tip, especially for those of you like me who are not fans of eating raw vegetables, is to get a little food processor. I've found I actually like the **flavors** of several vegetables, but eating them raw grosses me out. By using the food processor, I can turn all those vegetables into itty bitty pieces (or a puree if I'm in one of those moods), which then makes the eating of those vegetables tolerable. Seriously, I have no problems eating the tomato, onion, and pepper in this recipe BECAUSE they are so finely chopped. The bonus is I get all the nutrients from the vegetables as well. I did the same with the garlic too. And yes, I use a whole bulb. What can I say, I like me some garlic yo! Here is the estimated nutritional breakdown:

Total recipe (94oz. total weight) – 2057 calories, 26g fat, 9g saturated fat, 7825mg sodium, 9015mg potassium, 291g carbohydrates, 94g fiber, 105g sugar, 232g protein, 330mg cholesterol

Per serving (11.75oz or about 1.5C) – 257 calories, 3.25g fat, 1.1g saturated fat, 978mg sodium, 1127mg potassium, 36.5g carbohydrates, 11.8g fiber, 13g sugar, 28.9g protein, 41.3mg cholesterol

Not too bad! And if you want to cut back the salt some more, just skip the garlic salt. That alone takes off about 30% of the total salt in the recipe. The fat numbers may actually be lower due to the rinsing/blotting of the meat. Similarly, the cholesterol might be lower too. In fact, the only ingredient in this recipe with cholesterol is the hamburger. And nearly 1/3 of the fat comes from there as well; however, I need beef in my chili!

There you have it. A recipe, from **ME** no less, that involves vegetables and other healthy crap! If you try it out, let me know how it goes. Unless of course it tastes awful, in which case don't tell me about and just assume it was something you did wrong and **not** because of my recipe. ☺ And, I hope you find the extra little tidbits above useful when cooking in the future. Enjoy!