

Savory Oat Chili Bowl

Ingredients

Rolled Oats	1/3 cup
Water	2/3 cup
Hemp Hearts	3 Tbsp
Ground Beef	1 cup
Onions (chopped)	1/2 cup
Red Kidney Beans	1/2 cup
Salsa	2 Tbsp
Chili Powder	1 Tbsp
Paprika	1/4 Tbsp
Cumin	1/4 Tbsp
Garlic Powder	1/4 Tbsp
Onion Powder	1/4 Tbsp
Salt	1/2 Tbsp

Cooking Instructions

1. Mix all spices together in small bowl
2. Place oats in large (not plastic) microwave bowl (large enough that it doesn't spill over during cooking). Add 2/3 cups water and half of the spice mixture). Cook oatmeal for 2:20 minutes
3. When oatmeal is cooked, take out of microwave and add hemp hearts. Stir until thoroughly combined. Let sit until you have completed the next step (sautéing below)
4. In sauté pan cook ground beef, when partially cooked add onions
5. Add Kidney Beans
6. Add all spices, mix together. If a little dry, add 2 TBS water (or more) to create a sauce
7. With spatula, add oat/hemp mix to sauté pan. Keep empty bowl near. Sauté together until thoroughly combined
8. Add salsa and combine further.
9. Dump (with spatula) back into bowl.
10. Top with sour cream, shredded cheddar cheese and green onion...

...Enjoy!



Nutrition Facts	
1 servings per container	
Serving size	1 Recipe
Amount Per Serving	
Calories	930
Total Fat 50g	% Daily Value*
Saturated Fat 17.8g	64%
Trans Fat 0g	89%
Cholesterol 150mg	50%
Sodium 820mg	36%
Total Carbohydrate 52g	19%
Dietary Fiber 11g	39%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 60g	120%
Vitamin D 0.02mcg	0%
Calcium 4659mg	360%
Iron 1.35mg	8%
Potassium 44622mg	950%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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