
Souper Bowl

Build Your Own Chili Bowl

Chili isn't a soup or stew—it's a category of its very own. Fuel up to cheer on your favorite team with this BYOB that incorporates lean ground turkey, fiber-filled beans and nutrient-dense toppings of your choice.

Adapted from www.ambitiouskitchen.com

Ingredients

- 2 tsp olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1 medium red bell pepper, chopped
- 1 lb. extra lean ground turkey or chicken
- 4 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- ½ tsp salt
- 1 (28-oz) can diced or crushed tomatoes
- 1 ¼ cups chicken broth
- 2 (15 oz) can red kidney beans, rinsed and drained
- 1 (15 oz) yellow corn, rinsed and drained

Instructions

1. Place oil in a large pot and bring to medium-high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat, cooking until no longer pink. Add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens.
4. BYOB with any additional toppings you like. Game on!



BYOB Toppings Choices:

- Sliced avocado
- Jalapenos
- Olives
- Chopped green onions
- Salsa, cilantro or lime wedges
- Shredded cheese or feta cheese
- Dollop of Greek yogurt
- A few tortilla chips or baked low-carb tortilla strips
- Roasted butternut squash (roast at 400 degrees F for 20 minutes)

Strawberry Brownie Bowls for 2 (or You!)

February also happens to be the month of love, and chocolate is an excellent way to convey that sentiment. Whether serving up treats for your sweetheart, dishing out dessert at the big game, or simply savoring a moment with yourself, this recipe satisfies the sweet tooth.

Adapted from www.bitesofwellness.com

Ingredients

- 1 tbsp ground flax + 3 tbsp water (sub 1 egg)
- 2 tbsp unsweetened applesauce
- 3 tbsp maple syrup
- ¼ cup cocoa powder
- ½ tsp baking powder
- ½ tsp pure vanilla extract
- 4+ strawberries, chopped
- ¼ cup peanut butter (or nut butter of choice)*



Elevate your Brownie Bowl:

- Chopped nuts
- Mini dark chocolate chips
- Cacao nibs
- Toasted coconut flakes

Instructions

1. In a bowl or mug, combine the flax + water (or egg), applesauce, maple syrup, cocoa powder, baking powder and vanilla extract. Mix well to combine (about 1 minute).
2. Add the nut butter to the mixture and stir well (about 1-2 more minutes). It will be thick!
3. Stir in chopped strawberries.
4. Divide between 2 bowls or mugs that have been sprayed with non-stick spray like avocado oil or an olive oil-based spray.
5. Microwave each brownie on high for 1:30 (one minute and thirty seconds). Do not microwave them together.
6. Take out of microwave and allow to cool for 2-3 minutes before diving in.

Note: To make in oven, bake brownies in individual ramekins at 350 degrees F for 20 minutes.

**Another note:* Have nut allergies, or not a fan of nut butter? You can sub out peanut butter for more applesauce, coconut oil, or your flour of choice and a little milk. For many more health-inspired mug cake recipes, check out www.chocolatecoveredkatie.com