

Biggest Loser – Winter 2023/2024: Recipe Challenge

Ingredients:

- 1 No Salt Added Tomato Sauce (29 oz can)
- 1 Petite Diced Tomato (14.5 oz can)
- 1 No Salt Added Black Beans (15.25 oz can)
- 1 Diced Jalapeno Peppers Hot (4 oz can)
- 1 Unsalted Beef Broth (32 oz carton)
- 1 80% OR 96% lean Ground Beef (1 lbs.)
- 1 Pearled Quick Barley (1 cup pre-cooked)
- 3 Cups of Fresh Cut Mushrooms (chopped)
- 3 Bell Peppers (chopped)
- 1 Medium to large white onion (chopped)

Optional Seasonings – Crushed red peppers and Ms. Dash original blend

Instructions:

- Prepare barley according to box instructions
- Brown ground beef with chopped mushrooms, jalapenos, and optional seasonings
- Simmer together remaining ingredients
- Mix all ingredients together and divide evenly into eight (8) containers

Nutrition Information:

	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein
with 80% lean ground beef	350	10	280	40	10	10	17
with 96% lean ground beef	280	3	280	40	10	10	19