



Hot'n Spicy Flax Chili

2 lbs. lean ground beef
16 small mushrooms
2 red peppers, chopped
1 large red onion, chopped
1 - 680 ml can hot and spicy pasta sauce
1 - 650 ml bottle hot salsa
2 - 398 ml cans pork and beans
1 - 156 ml can tomato paste
1 - 114 ml can hot green chilies, sliced
 $\frac{1}{2}$ cup Natunola® health's delight
Shelled Flax Kernel
 $\frac{1}{2}$ cup Natunola® health's delight
Shelled Flax Meal
1 - 35 g package hot taco seasoning mix
Shredded cheese (for topping)



In a large frying pan, brown the ground beef. Drain off fat when done. While beef is frying, wash mushrooms and slice in half. In a separate frying pan, fry mushrooms, peppers and onion in garlic-flavoured olive oil. Add all ingredients into a large crock pot and cook on high for at least 4 hours (or leave on low and simmer for the day).

Spoon into serving bowls and, if desired, top with shredded cheese, such as spicy salsa flavoured cheese. For a less spicy version, use mild versions of the pasta sauce, salsa, chilies and seasoning mix.

Yields 15 servings.

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