

Upgraded Traditional Chili

Serves: 3-4

Prep time: 5 minutes

Cook time: 35-40 minutes

INGREDIENTS:

2 lbs grass-fed ground beef
1 green bell pepper, finely chopped
1 large yellow onion, finely chopped
2, 14 oz cans diced tomatoes
1, 6 oz can tomato paste
4 tbsp garlic, minced
2 cups beef bone broth
1 1/2 tbsp chili powder
1 1/2 tsp paprika
1 1/2 tsp onion powder
1 tsp garlic powder
1 tsp ground cumin
1 1/2 tsp salt
1 tsp black pepper

Optional toppings:

Avocado
Greek yogurt
Nutritional yeast on top
Green onions



Serving size: 1 cup chili + toppings of choice

INSTRUCTIONS:

1. Add ground beef to a large pot on the stove top. Use a spatula and break it up into smaller pieces.
2. Add in the chopped green bell pepper and yellow onion. Cook on medium - high heat, stirring occasionally until beef is browned. Note: if your beef isn't very lean but rather pretty fatty, you'll want to drain the grease before moving on to the next step. Simply place paper towels on a plate, ladle the beef/onion/pepper mixture onto the paper towels and let the excess grease soak up. Then add the drained beef mixture back to the pot and throw away the paper towels.
3. Now add the rest of the ingredients to the pot with the beef. Stir together and let it simmer over medium-low heat for 20-25 minutes. Taste and adjust with extra salt and pepper if needed.
4. Scoop into serving bowls and add toppings!