

Recipe – Chili

Ingredients:

- 2 pounds best quality meat you can afford (we use grass fed beef or turkey)
- extra virgin olive oil
- 2 pounds pinto beans, soaked over night and cooked according to package directions
- one red pepper
- one green pepper
- one large onion
- 4 cloves garlic, minced
- 2 tsp cumin
- 4 TBS chili powder
- one bottle tomato sauce with no sugar, about 25 ounces
- Several shakes of hot sauce, to taste
- salt to taste, if permitted
- optional: several cups of chopped vegetables like carrots, mushrooms, or zucchini

Directions:

Coat the bottom of the soup pot with olive oil.

Brown the meat and stir it to break up the pieces.

Chop the peppers and onion.

Add the cumin, chili powder, garlic, tomato and hot sauces and vegetables to the meat.

Simmer 10 minutes.

Stir in the beans, using enough of the bean water to make it slightly soupy.

Simmer until it's the desired thickness, about a half hour. If it's dry, add more bean water.