

Dang Good Chili

Courtesy of Jennifer Woods
Serves 4-6

- 1 Tbsp. olive oil
- 2 lbs. grass fed beef or buffalo
- 1 large green pepper
- 1 large yellow onion
- 3 ribs of celery
- 1 tsp. minced garlic

- 2 15 oz. cans organic dark red kidney beans (drained)
- 1 15 oz. cans organic pinto beans (drained)
- 1 15 oz. can organic black beans (drained)
- 1 15 oz. cans organic petite diced tomatoes
- 2 15 oz. cans organic tomato sauce (start with 1 can and add more as desired)
- 1 small can organic tomato paste
- 1 small can mild green chilis
- 1 10 oz. can Rotel Chili Fixins

- 1-1/2 tsp. black pepper
- 1 tsp. salt
- 1-2 Tbsps. cumin
- 2-3 Tbsps. chili powder

- 2 heaping tsps. Hershey's natural unsweetened cocoa powder OR cinnamon (to taste)

Preheat oil in a large stockpot. Add meat. Brown until no longer pink, breaking up into small pieces. Drain if needed. Set aside.

Chop pepper, onion and celery and “sweat” them on medium high heat (with a dash of salt) in a sauté pan until slightly tender, adding a teaspoon of minced garlic just before finished cooking. Add all to stockpot. Add tier two (canned) ingredients and spices*.

Simmer over medium heat for 45 minutes to an hour, then turn to low and let the flavors blend for an hour or two (optional but highly recommended). Taste and add additional spice as necessary. Add any remaining tomato sauce or minimal water to thin the chili, if necessary. Serve with crackers/chips, sour cream and shredded cheese. Garnish with green onion, if desired.