

## Grass Fed Beef Chili

This pot of meaty chili is easy to make and freezes wonderfully. I usually make a double batch so I am set for the week and can stash a few jars in the freezer for those times that meal prep or planning don't quite happen. This recipe is pretty basic but gets a bit of smokiness from the smoked paprika and ground chipotle powder plus extra depth from raw cacao powder (you can also substitute cocoa powder).

Prep Time: 20 mins

Total Time: 1 hr. 40 mins

Makes: ~5 (2 cup) servings

### Ingredients:

- 1 1/2 pounds grass fed ground beef
- 1 1/2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 each medium onion, chopped
- 1 1/2 teaspoons minced garlic
- 1 each sweet bell pepper or poblano pepper
- 1 tablespoon chili powder (hot or mild)
- 1 tablespoon raw cacao powder
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground chipotle powder
- 1 1/2 teaspoons smoked paprika
- 5 tablespoons tomato paste (approximately 1/2 of a 6-oz. can)
- 2 cups bone broth or stock (beef or chicken both work!)
- 2 (14.5-oz.) cans diced tomatoes with juice
- 1 (15-oz.) can pinto beans, drained and rinsed

### Directions

1. Heat a 5-quart Dutch oven over medium-high heat; add beef, salt and pepper. Cook, breaking meat apart, until meat is browned on the outside.
2. Add onions, garlic and peppers to the pot. Cook for 3-5 minutes until vegetables start to soften. Add spices and tomato paste; cook about 1 minutes, stirring frequently.
3. Add broth, scraping up any browned bits from the bottom of the pan. Stir in tomatoes and beans.
4. Bring mixture to a low boil; reduce heat to low to simmer. Place cover on top, leaving slightly ajar to vent. Cook for at least 1 hour to blend flavors.
5. Taste and adjust chili for seasoning. Serve with desired toppings like avocado, sour cream, cheese, cilantro and/or green onions.