

Chili For Your Soul

Ingredients

2 lbs Grass fed beef
2 tablespoons coconut oil
1 white onion, diced
3 garlic cloves, minced
2 tablespoons chili powder
1 tbsp oregano
2 cup diced sweet potato
1 cup diced celery
One 15-ounce cans of black beans, rinsed
One 15-ounce can of pinto beans, rinsed
One 28-ounce can of crushed tomatoes (San Marzano recommended)
2 cups of bone broth or beef broth
2 tablespoons maple syrup



Directions

Saute beef til pink and drain off excess fat. While cooking put onions, garlic and coconut oil on low in your crockpot. Add chili powder and oregano. Add the rest of the ingredients and cook on low for 4-6 hours.

Garnishes:

1 cup kale, chopped just before serving until wilted and bright green.
Diced avocado (optional)
Fresh cilantro (optional)