



Classic Grass Fed Beef Chili

Ingredients

2 tablespoons extra-virgin olive oil
1 medium onion, finely diced
3 garlic cloves, minced
1 red bell pepper, seeded, medium diced
1 pound grass-fed ground beef
2 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon ground coriander
¼ teaspoon salt
¼ teaspoon cayenne pepper
2 cups beef broth
1 15-ounce can roasted petite-diced tomatoes
1 jar store-bought tomato salsa
1 15-ounce can kidney beans, drained and rinsed
1 15-ounce can pinto beans, drained and rinsed
¼ cup shredded cheddar cheese
2 scallions, trimmed, chopped
1 tablespoon chopped cilantro
tortilla chips

Directions

1. Heat the oil in a large Dutch oven over medium heat. Add onion, garlic and red pepper. Cover and cook for 5 minutes, stirring occasionally, until onions are translucent.
2. Add ground beef. Using a wooden spoon, break up the beef, cover pot, and cook for 5 minutes, until beef is browned.
3. Stir in chili powder, cumin, coriander, salt and cayenne; cook for 1 minute. Stir in beef broth, canned tomatoes and salsa. Bring to a simmer, and add beans. Simmer for 20 minutes.
4. Serve chili garnished with cheese, scallions and cilantro. Accompany with tortilla chips