

Paleo Chili

INGREDIENTS:

- 1½ pounds ground beef
- 2 cloves garlic, chopped
- 2 tablespoons (30 ml) oil
- 1½ cups onion, diced, about 1 large onion
- ½ cup chopped celery, about 1 stalk
- 1½ cups carrots, peeled and diced, about 4 medium carrots
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper (optional)
- 4 cups zucchinis, diced, about 2-3 medium zucchinis
- 1 15-ounce can tomato puree or tomato sauce
- 1 15-ounce can diced tomatoes

PROCESS:

1. In your seasoned skillet or 5-6 quart large cast iron pot, brown beef and garlic. Cook over medium heat until beef is thoroughly cooked and browned. Drain off excess fat, set aside.
2. Add oil, onions, celery, carrots, and seasonings to the skillet and cook until translucent over medium high heat, about 5-7 minutes. Once onions are golden and veggies are midway cooked, add zucchini and cook for 2 minutes, making sure you stir everything well.
3. Add cooked beef, tomato puree/sauce, and tomatoes into the pot and stir well. Bring everything to a boil, stirring frequently, reduce heat and simmer for 20 minutes.
4. Check on the amazing mixture every so often and stir. Serve immediately.

NOTES

This is a very thick chili recipe. Add up to 1 cup of additional liquid (tomato sauce or water) to thin out the sauce if you prefer.

from: Laura Fuentes

