

Featured Recipe



Amazing Chili



recipes with sass!

AMAZING CHILI

Serves
6

Fixings

- ★ 1 tbsp. organic, pasture-fed butter
- ★ 1 tbsp. minced garlic
- ★ 1 lb. pasture-fed ground beef OR ground turkey (dark meat has more flavor and nutrients)
- ★ 16 oz. red kidney beans, drained and rinsed
- ★ 1 tbsp. chili powder
- ★ 2 cups organic chicken stock
- ★ 1 tsp. hot sauce (Tabasco)
- ★ 1 tsp. dried basil
- ★ 1 c. chopped yellow onions
- ★ 1 sweet bell pepper (red, orange, or yellow), chopped
- ★ 1 28-oz. can crushed organic tomatoes, undrained
- ★ 1 tbsp. sugar, preferably coconut sugar or Sucanat
- ★ 1 tsp. Celtic sea salt or Himalayan rock salt
- ★ ½ tsp. dried oregano

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INSTRUCTIONS

1. In a stock pot, sauté onions and bell peppers in butter, over medium heat, until onions are translucent.
2. Add garlic and sauté for another 30 seconds.
3. Add ground turkey or beef and cook until browned.
4. Add remaining ingredients and stir well to combine. Bring just to boil.
5. Reduce heat to low and simmer for 1 hour, stirring occasionally.

Note: Make a double batch and freeze in serving sizes for an easy, healthy lunch or dinner option!