

Recipe: BEEF CHILI

INGREDIENTS

- 1 tsp coconut oil
- 1 yellow onion, *chopped*
- 1 green bell pepper, *chopped*
- 1 red bell pepper, *chopped*
- 4 cloves garlic, *minced*
- 1 lb ground beef
- ½ lb pork sausage, *nitrate free*
- 3 oz beef liver, *minced*
- 1 can black beans, *rinsed*
- 1 Tbsp chili powder
- 1 Tbsp ground cumin
- 1 tsp dried oregano
- 1 tsp unsweetened cocoa powder
- 1 tsp Worcestershire sauce
- 1 (28 oz) can tomatoes, *crushed*
- 1 tsp salt

PREPARATION

Melt oil in a large pot over medium heat. Add in onion and peppers and cook until tender. Add in garlic and cook 1 minute. Add beef and sausage to the pan to brown. Stir in remaining ingredients to combine. Bring to boil, reduce heat to low and simmer for 45 minutes.

MAKES 10 SERVINGS

recipe adapted from Real Food for Pregnancy