

# Grass Fed Beef Chili



**PREP TIME:**  
20 MINUTES

**COOK TIME:**  
40 MINUTES

**TOTAL TIME:**  
60 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 5-6 Servings

## Ingredients:

- 1 lb. Grass Fed Organic Ground Beef (at least 90% lean)
- 2 TBSP Olive Oil
- ½ Medium Onion Chopped
- 3 Garlic Cloves Minced
- 1 Red Pepper Chopped
- 1 Yellow Pepper Chopped
- 1 Cup Chopped Zucchini
- 2 Cans - 15 oz. Chili Beans (non-BPA lined)
- 1 14.5 oz. Can Fire Roasted Diced Tomatoes (non-BPA lined)
- 1 15 oz. Can Black Beans (non-BPA lined)
- 3 TSP Salt - Divided
- 3 TSP Chili Powder
- 3 TSP Cumin
- 1 TSP Paprika
- ½ TSP Cayenne
- 6 oz. Tomato Paste
- 4-6 oz. Vegetable (or Chicken) Broth
- 1 TBSP Balsamic Vinegar

## Instructions:

1. In large pot, add olive oil and heat on medium. Add onion and cook 3-5 minutes.
2. Add peppers and zucchini. Cook another 5-8 minutes. Add garlic to pot.
3. Cook another 2 minutes. Add ½ the broth to pot – will help veggies soften. Cook 2 minutes.
4. Add beef to pot and break apart with spoon. Add 1 tsp. salt and simmer until meat is cooked through – no longer pink.
5. Add all 3 cans of beans and 1 can of tomatoes.
6. Next stir in remaining salt, chili powder, cumin, paprika and cayenne.

7. Add tomato paste and broth. Stir well.
8. Add balsamic vinegar and stir.
9. Simmer for 20 minutes.
- 10. *Optional: Top Soup with ½ Avocado Sliced.***

**\*Try and use all organic ingredients if possible.**

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