

Grass Fed Beef Chili

By Nina Lynn



Ingredients:

3 lbs. organic grass fed top round beef steak
1 cup chopped organic green pepper
1 cup chopped organic onion
1 clove organic garlic minced
2-3 tbs. organic coconut oil
1 tbs. chili powder
1, 1/4 tsp. ground cumin
1, 1/2 tsp. dried oregano
1 can no salt added stewed tomatoes
1 can no salt added tomato paste
2 cans kidney beans, drained
1 12 oz. bottle of non-alcoholic beer

Directions:

Cut the beef into half inch pieces. Using a large stockpot and the coconut oil, cook the meat over medium high heat until browned, then remove from the pot. Turn the heat down to medium and add the green pepper, onion, crushed red pepper and garlic and saute for 5-6 minutes. Return the browned meat to the stockpot and add the remaining ingredients. Bring to boil, then reduce heat, cover and simmer for 1 hour or until meat is tender.

Grass fed beef has more beta-carotene, vitamin E, Omega 3 essential fatty acids and CLA than conventionally farmed beef. All potent nutrients for fighting cancer and heart disease. The crushed red pepper and chili pepper help reduce inflammation and cholesterol, thereby reducing the incidence of blood clots and stroke. Kidney beans are loaded with antioxidants and are a great source of fiber, and the overall warming of the meal adds to ones digestive fire and chi.