

Paleo Chili

Savannah · 30/09/2024

**Prep Time**

50 mins

Difficult

Medium

Servings

4

Description

Paleo eating like our preagricultural revolution ancestors ate chili is made without beans In the west we typically include beans but I think even nonpaleo eaters will enjoy this deep smoky flavorful chili This is best made a day ahead so the flavors can meld together Serve with green onions and sour cream

Ingredients

- - 1 dried chipotle pepper
- stem removed - 1 cup boiling water - 1 ½ teaspoons coconut oil - 1 cup chopped yellow onion - 1 cup chopped green bell pepper - 1 cup chopped red bell pepper - 4 garlic cloves
- minced - 1 pound ground bison - ½ pound spicy ground pork sausage - 1 tablespoon chili powder - 1 tablespoon ground cumin - 1 teaspoon dried oregano - 1 teaspoon unsweetened cocoa powder - 1 teaspoon Worcestershire sauce - 1 (28 ounce) can crushed tomatoes - 1 ½ teaspoons kosher salt - ½ teaspoon ground black pepper

Instructions

1. Soak chipotle pepper in boiling water until softened
2. about 10 minutes. Remove pepper from water and mince. Melt coconut oil in a large pot over medium heat. Cook and stir onion
3. green bell pepper
4. and red bell pepper until tender
5. 5 to 10 minutes. Stir garlic and minced chipotle into onion mixture and cook until fragrant
6. about 1 minute. Stir bison and sausage into onion mixture. Cook and stir until meat is browned and crumbly
7. 10 to 12 minutes. Stir chili powder
8. cumin
9. oregano
10. cocoa powder
11. and Worcestershire sauce into the bison mixture; add crushed tomatoes
12. salt
13. and pepper and stir. Bring to a boil
14. reduce heat to low
15. and simmer until flavors are blended
16. 10 minutes. Recipe Tips This chili can be enjoyed by non-Paleo eaters by adding one 15-ounce can of drained and rinsed pinto beans. You can substitute beef for the bison and turkey sausage for the pork sausage.