

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Fire Roasted Tomato, Beef and Chipotle Chili

Adapted from Rachel Ray's 30-minute Get Real meals

Serves: 4

4 slices black pepper or applewood smoked bacon (If you can't find this kind, just substitute another kind of bacon. (use nitrate/nitrite free bacon)

1 Tablespoon coconut oil

2 Pounds ground beef (Grass-Fed, free range is best)

2 Tablespoons grill seasoning (Make sure to get one without MSG)

4 garlic cloves, chopped

1 medium to large yellow onion, finely chopped

1 red pepper, cored, seeded, and chopped

½ - 3 Tablespoons chipotle chili powder OR 1/2 small can chipotle chilies in adobo, chopped (The chipotle powder and chilies are spicy, so just start with less, and you can always add more to taste.)

6 ounces of beer (the alcohol will cook off)

1 large can (28 ounces) fire-roasted tomatoes, such as Muir Glen brand

1 8-ounce brick of smoked white Cheddar or chipotle Cheddar, such as Cabot brand, shredded (optional)

Heat a medium pot over medium-high heat. Chop the bacon into 1-inch pieces. Add coconut oil to the hot pot with the bacon. Brown the bacon until crisp and reserve on a plate lined with paper towels. To the bacon renderings and oil add the meat and break up with the back of a wooden spoon. Season the meat with grill seasoning. Let the meat brown for 3 minutes, then add the garlic, three-fourths of the onions, bell pepper, and the chipotle powder. The remaining raw chopped onions are for topping the chili.

Cook the meat and onions together for 5 or 6 minutes, then deglaze the pan with the beer. Add the tomatoes next and stir them in to combine. Simmer the chili over low heat for 10 minutes. Top bowls of chili with cheese, bacon, and finely chopped raw onion, if desired.