

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chocolate Chili

From "Well Fed" by Melissa Joulwan

Serves 6-8

2 Tbsp coconut oil
2 medium onions, diced (about 2 cups)
4 cloves garlic, minced (about 4 tsp)
2 pounds ground beef
1 tsp dried oregano leaves
2 Tbsp chili powder
2 Tbsp ground cumin
1 ½ Tbsp unsweetened cocoa
1 tsp allspice
1 tsp salt
1 can (6 oz) tomato paste
1 can (14.5 oz) fire-roasted, chopped tomatoes
1 can (14.5 oz) beef broth
1 cup water

1. Heat a large, deep pot over medium-high heat, then add the coconut oil. When the oil is melted, add onions, stir with a wooden spoon and cook until they're translucent, about 7 minutes. Add the garlic and as soon as it's fragrant, about 30 seconds, add the ground meat to the pan, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it's no longer pink.
2. In a small bowl, crush the oregano between your palms to release its flavor, then add the chili powder, cumin, cocoa, allspice, and salt. Combine with a fork, then add to the pot, stirring like you mean it. Add tomato paste and stir until combined, about 2 minutes.
3. Add the tomatoes with their juice, beef broth and water to the pot. Stir well. Bring to a boil, then reduce the heat so the chili enjoys a gentle simmer. Simmer for at least 2 hours. Do not skimp on the simmer!