

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Spicy Pineapple Chili

From www.civilizedcavemancooking.com

Serves 8

1 pound nitrate-free bacon, cut into thin strips
2 medium onions, diced
2 bell peppers, diced
2 jalapenos, diced (seeds optional)
4 cloves fresh garlic, minced
2 pounds grass fed ground beef
¼ cup chili powder
2 tsp ground cumin
Red pepper flakes (optional)
Sea salt to taste
Black pepper to taste
1 (20-ounce) can of diced pineapple
1 (15-ounce) can of tomato sauce
1 (14-ounce) can of fire roasted diced tomatoes

1. Preheat a large pot or dutch oven over medium heat.
2. Brown the thin strips of bacon in your pan.
3. Add in the onions, peppers, jalapenos, and garlic and continue to cook, stirring often for 5 minutes or until your onions become translucent.
4. Now add the ground beef, chili powder, cumin and red pepper flakes (if using), and stir until the ground beef is cook through.
5. Add in all the remaining ingredients, stir well, and increase heat until the chili comes to a boil.
6. Once boiling, reduce the heat to low, cover, and simmer for 45 minutes.

NOTE: **For the crockpot:** 1. Brown bacon in a sauté pan and then place in the crockpot. 2. Sauté the ground beef in the bacon fat until cooked through and then add to your crockpot with all the remaining ingredients. 3. Cook on low for 4-6 hours.