

CHILI

Wick Fowler's 2-Alarm Chili Kit

(available at most grocery stores)

- 1 pound grass-fed ground beef
- 1 pound grass-fed ground buffalo
- 1 medium onion, chopped
- 2-3 cloves garlic, chopped
- 1 8-ounce can organic tomato sauce (Muir Glen)
- 2 cans filtered water (fill the empty can of tomato sauce)
- 1 can organic kidney beans, rinsed and strained
- 1 can organic black beans, rinsed and strained
- Raw cheddar cheese (if tolerated)

In a large soup kettle over medium heat, cook beef and buffalo. Meanwhile, chop onion and garlic. When meat is thoroughly cooked, remove meat from pan and sauté onion and garlic until onion is translucent; add the meat back. Stir in tomatoes, filtered water, and seasoning packets (discard dehydrated onion/garlic and set masa aside). Cover and simmer for 30 minutes. Stir occasionally and cook until meat is tender. The longer you cook it the spicier it will be. Stir masa flour into ¼ cup warm water to make a thick, but flowable mixture; add to chili and simmer another 15-20 minutes. Add beans. Top with cheese.



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