

Healthy Chili

(Similar to Wendy's)

2 lbs Ground beef, Grass Fed
1 can 28 oz. Tomato puree
1 can 15 oz. Kidney beans
1 can 15 oz. Pinto beans
1 can 15 oz. Black beans
1 cup diced onion
¼ cup diced celery
2 tsp cumin
2 tbs chili powder, more to taste
¼ tsp smoked salt
¼ tsp garlic powder, more to taste
¼ tsp black pepper, more to taste
2 cups water

- **Brown ground beef, not necessary to drain if grass fed**
- **Add onion, celery, smoked salt, garlic powder, and black pepper, stir and simmer 5 minutes**
- **In large pot, combine puree, beans, cumin, chili powder, and water.**
- **Add in ground beef mixture.**
- **Bring to boil and then simmer for 2 to 3 hours, stir every 15 minutes.**