



Ashley's Easy & Soul-Warming Chili (Slow Cooker)

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TIME: Prep- 45 minutes, Cook time- 2 to 8 hours in the slow cooker

SERVINGS: 6-8 servings

CATEGORY: Soup, Entree

INGREDIENTS

FOR THE CHILI:

- 3 tablespoons extra virgin olive oil
- 2 medium yellow onions, medium dice
- 1 medium organic red bell pepper, medium dice
- 6 medium garlic cloves, finely chopped
- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 2 pounds grass-fed ground beef
- 1 1/2 teaspoons mineral salt, plus more as needed
- 1 (28-ounce) can diced tomatoes

- 1 (14-ounce) can tomato sauce
- 2 (15-ounce) cans kidney beans, drained and rinsed
- (Optional) 1/4 cup coarsely chopped pickled jalapeños or green chiles, drained

FOR SERVING (OPTIONAL):

- Shredded cheddar cheese
- Thinly sliced scallions
- Sour cream

***Choose organic options to reap the full benefit of your food

INSTRUCTIONS

1. Heat the oil in a large frying pan over medium heat until shimmering. Add the onions and bell pepper, season with salt, and cook, stirring occasionally, until softened, about 8 minutes.
Add the garlic, chili powder, and cumin, stir to coat the vegetables, and cook until fragrant, about 1 minute. Add the ground beef and measured salt and cook, breaking the meat into small pieces with a wooden spoon, until the beef is no longer pink, about 7 minutes.
2. Transfer the mixture to the slow cooker, add the diced tomatoes and their juices, tomato sauce, and beans, and stir to combine. Cover and cook until the chili thickens and the flavors meld, about 8 hours on low or 2-6 hours on high. (If I don't start the chili in the morning, I have had mine in the slow cooker for just 2 hours on high—despite the slower cooking time, the flavor was still GREAT!)
3. Stir in the jalapeños or green chiles. Taste and season with salt as needed, and serve with the cheese, scallions, and sour cream. Enjoy!

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