



Paleo Chili

Yields: 10 servings

Prep time: 15 min

Cook time: 1.5 hrs

INGREDIENTS:

- 1 tablespoon of coconut oil
- 1 large onion (chopped)
- 1 tablespoon of minced garlic
- 1 package of taco seasoning (1 oz.)
- ½ tablespoon of cumin
- 3 teaspoons of oregano
- 1 teaspoon of salt
- 2 tablespoons of dried ancho chili (chopped)
- 2 pounds of ground turkey
- 2 green bell peppers (chopped)
- 2 carrots (diced)
- 2 celery stalks (sliced)
- 2 russet potatoes (diced)
- 2 cans of crushed tomatoes (56 oz total)

TOOLS:

- [Enamel-on-Steel Covered Stockpot \(8 Qt.\)](#)





Paleo Chili

PROCESS:

1. Chop all vegetables and set aside. Heat the coconut oil in the enamel-on-steel pot over medium heat.
2. Add the onions to the oil and sauté for 5 minutes.
3. Add the minced garlic, taco seasoning, cumin, oregano, ancho pepper, and salt to the onions. Saute while stirring for 2 minutes.
4. Add in the ground turkey and turn up to medium-high heat. Cook until the meat is no longer pink (about 8 minutes).
5. Drain off the excess grease. (There won't be much since it's turkey!)
6. Add in all the veggies including the crushed tomatoes. Bring to a boil and cook without lid for 30 minutes.
7. Place lid on, and continue to cook on low-medium heat for 45 minutes.
8. Plate and top with shredded cheese if desired.

Enjoy Healthy Eating!