

John's Coconut Beef Chili (slow cook)

HolisticQ signature recipe

This is a gourmet Chili for a special occasion! Pair with the Mango-Strawberry pie below.

Ingredients: all organic

2.5 lbs. grass-fed Ground Beef
3 lbs. grass-fed Rump Roast (or any favorite cut)
1 Large, yellow or sweet Onion (diced)
2 cans dark red Kidney Beans (undrained)
14.5oz diced Tomatoes (1 can undrained)
28oz Coconut Milk (2 cans, canned only) *
4-6 TBS Chili Powder (high quality) *
1-3 tsp dried crushed Chili Peppers (or flakes)
2 tsp Coriander*
2 tsp Cardamom*
1 TBS minced Garlic
Salt-to-taste

Make the Chili...

Adjust slow cooker to High.

Brown the ground beef in a heavy skillet (little bite size chunks are better than completely crumbling the meat). Place in slow cooker. Cut the rump roast into 1-inch pieces and brown in same skillet, then add to slow cooker. Add ½ cup water to skillet to loosen beef drippings and pour into slow cooker.

Add the onion, the undrained beans and diced tomatoes, canned coconut milk to the slow cooker and combine well.

Spice with Chili Powder, Crushed Chili Peppers, Coriander, Cardamom, Garlic, and Salt. The measurements above are for a SPICY chili, so you may adjust as necessary to suit your taste.

Cook on High for approx. 5 hours, then put on low until served. Serve with shredded Monterrey Jack, Sprouted Grain tortillas (Ezekiel shown), and Mango-Strawberry Pie!

*DO NOT use coconut milk beverage. It is not the same. Canned coconut milk has a cream layer and a milk layer, use all.

*Good quality Chili Powder usually contains Coriander, so it is not mandatory to add more...we just like more!

*If you do not have Cardamom...Cinnamon and Nutmeg when blended in equal parts can substitute.