

Cooking at Riegelmann's

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Paleo Chili

1 Tablespoons coconut oil
1 medium onion, chopped
2 cloves garlic
1 lb lean ground beef
½ teaspoon dried oregano
1 tablespoons chili powder
1 tablespoons ground cumin
1 tablespoons unsweetened cocoa powder
½ teaspoon allspice
½ teaspoon kosher salt
3 tablespoons tomato paste
1 cup chopped tomatoes
1 cup beef broth
½ cup water (plus more to thin if necessary)

Avocado, fried plantain, cilantro for garnish

Heat coconut oil in a large pot and add onions. Cook until softened, about 7 minutes. Add garlic and cook 1 additional minute. Add ground beef and break apart. Cook until no longer pink. Add oregano, chili powder, cumin, cocoa, allspice and salt. Stir to combine. Add tomato paste, chopped tomatoes, broth and water. Stir to combine. Bring to a boil, then reduce to a simmer. Simmer uncovered 2 hours adding water to thin if necessary.

