

Bean-less Chili (Whole30, Paleo)

Ingredients:

- * 2 tablespoons extra virgin olive oil
- * 3 tablespoons minced garlic
- * 1 large yellow onion
- * 2 lbs lean ground beef
- * 3 bell peppers, diced
- * 16 oz mushrooms, diced
- * 1 (6 oz) can tomato paste
- * 1 (4 oz) can diced mild green chiles
- * 1 (30 oz) can diced tomatoes, with liquid
- * 32 oz beef broth (can substitute chicken broth)
- * 1 tablespoon chili powder
- * 2 teaspoons paprika
- * 2 teaspoons onion powder
- * 1 teaspoon ground cumin
- * 1 teaspoon salt or to taste
- * 1 teaspoon black pepper

Directions:

1. Add the oil into a large stock pot or Dutch oven and heat over medium-high heat. Once hot, add in the minced garlic and diced onion into the pot and sauté for about 2 minutes. Then add in the ground beef.
2. Crumble and break apart the ground beef while browning. When it's just about browned but still has some pink, add in the diced bell peppers, mix together and finish browning.
3. Add in the diced mushrooms, tomato paste, canned green chiles and all spices. Stir to incorporate the tomato paste and chili into the meat and vegetables until the meat is coated and seasoned.
4. Pour in the diced tomatoes with the liquid and the broth. Give it a good stir and bring to a boil. Once boiling, reduce heat to medium and simmer, covered, for 30 minutes.
5. Remove from heat and serve with optional toppings.

Notes:

- * Ground turkey, bison, or chicken can be substituted for the beef, or a combination.
- * If you want a thinner chili, you can add an extra cup of broth or water.
- * For a spicier chili, use fire-roasted tomatoes, hot green chiles, add 1 diced jalapeno with the vegetables and/or add 1 teaspoon of cayenne, or to taste.