



## Paleo Chili

NIBBLEDISH CONTRIBUTOR

### Ingredients

- olive oil
- 1 large onion, chopped
- handfull of shiitaki mushrooms
- 2+ large portobello mushrooms, chopped
- chopped garlic, to taste
- 3 Tbs. chili powder
- 2 Tbs. paprika
- 2 Tbs. cumin
- 1# grass fed beef, cubed
- 1# ground turkey (white, dark or a mix)
- 2 28oz cans of crushed tomatoes w/ puree

### Instructions

- in a large crock pot, empty both cans of crushed tomatoes and turn the crock pot on high.
- add all but one Tbs. of chili powder to the crushed tomatoes and mix well.
- brown the turkey meat in a pan and add it to the crock pot
- add 1Tbs. of olive oil to the same pan and pan fry the onion, mushrooms and garlic, adding them to the crock pot when they are ready
- add another Tbs. of olive oil to the pan, adding in the last Tbs. of chili powder
- brown the beef in this mixture thoroughly adding into the crock pot when done

Crock pot times will vary, but the longer you cook this, the better. I tend to cook the chili on high for a few hours, then on low for 10 hours, overnight. Don't worry if the top layer looks really dark and dry in the morning. Stir the chili a few times and inhale deeply. This is how chili should smell.

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