



## **Beef and Bean Chili for kids**

By Christine Meraklis

### Ingredients:

1 pound ground organic grass-fed beef (or turkey)  
½ cup finely chopped onion  
1 tablespoon minced garlic  
¼ cup finely chopped red or green pepper  
1-2 tablespoons olive oil  
15 oz tomato sauce  
15 oz kidney beans  
1 tablespoon chili powder  
1 ½ teaspoon cumin  
½ teaspoon onion powder  
½ teaspoon garlic salt

### Instructions:

Brown the meat, peppers and onion in olive oil.  
Add garlic and cook, stirring, for one minute, so garlic does not burn.  
Add spices and stir to combine, heating for 30-60 seconds.  
Add sauce and beans.  
Simmer until thick, about 10 minutes.

Top with organic cheese or sour cream (if eating dairy), scallions, or organic corn tortilla chips.

Serve with a green side salad and gluten free corn bread.