

## Simple Paleo Chili

**Prep time:** 10 minutes

**Cook time:** 1 hour, 30 minutes

**Servings:** 12

### Ingredients:

3 pounds grass fed ground beef  
1 tablespoon olive oil  
1 medium yellow onion, chopped  
2 tablespoons tomato paste  
1 tablespoon salt  
4 tablespoons chili powder  
2 tablespoons garlic powder  
2 tablespoons cumin  
1 tablespoon dried oregano  
2 teaspoons black pepper  
4 - 14oz cans of diced tomatoes  
3 cups water



### Instructions:

Place a large stockpot over medium high heat. Brown the ground beef.

Meanwhile, put two cans of the tomatoes into a blender or food processor and puree.

Once ground beef is browned, remove to a colander and drain off excess fat. Set aside.

Return the stockpot to medium high heat and add olive oil, onions, and salt, cooking until softened, approximately 5-8 minutes.

Return the ground beef to the pot, adding tomato paste and spices. Stir and cook for 1-2 minutes.

Add tomatoes and water and stir to combine.

Bring to a simmer, then reduce heat to medium, cover, and cook for 1 hour, stirring every 15-20 minutes. Adjust salt and pepper to taste before serving.