

MOT more of this  
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LOT less of that

## Can We Call This Chili?

Chilli with meat and vegetables for the win!

**Serves: 4**

**Total time: 45 minutes**

### Ingredients

- 2 Tablespoons olive oil
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 4 cups bone broth or chicken/beef broth
- 2 parsnips, peeled and chopped into 1 1/2 inch pieces
- 4 carrots, peeled and chopped into 1 1/2 inch pieces
- 1 large beet, grated (about 2 cups)
- 1 large sweet potato, peeled and chopped into 1 1/2 inch pieces
- 1 can diced tomatoes with juice (blended to liquify)
- 1 Tablespoon oregano
- 1/2 teaspoon each salt and pepper
- 1/8 teaspoon cinnamon
- 1 teaspoon chili powder
- 2 pounds grass fed ground beef

### Directions

1. Heat the olive oil over medium heat.
2. Add onions and cook for about 5-7 minutes until starting to brown.
3. Add garlic and cook another minute.
4. Add broth, tomatoes, parsnips, carrots, beet, and sweet potato and spices.
5. Bring to boil, then reduce heat to maintain a simmer.
6. Meanwhile, cook ground beef in skillet and brown evenly.
7. When vegetables are cooked through, add beef and simmer for another 15 minutes.
8. Garnish with slice avocado, Siete tortilla chips, shredded cheddar, as desired.

\*Recipe adapted from The Nutrient Dense Kitchen cookbook by Mickey Trescott

**Mary-Beth says:** *"Chili with all these vegetables makes it a nutrient dense alternative to any other chili recipe you have!!"*