

A classic beef chilli will be higher in inflammatory omega-6 and saturated fats. This anti-inflammatory version is packed with nourishing vegetables and has a high antioxidant profile important for wound healing and immunity.

Both grain- and grass-fed beef are highly concentrated sources of nutrients.

Beef is loaded with vitamin B12, B3, and B6. It's also rich in highly bioavailable iron, selenium, and zinc. Lentils are a good source of B3, B6, magnesium and zinc, fibre, and protein with the added benefit of being slow-burning carbohydrate.

INGREDIENTS

- Olive oil
- 400g pack organic beef mince
- ½ pack of pre-cooked puy lentils
- 1 x 400g can kidney beans, rinsed and drained.
- 2 x 400g tin chopped tomatoes.
- 2 tsp tomato puree
- 1 large onion
- 4 garlic cloves, crushed.
- 1 stick celery finely chopped.
- ½ tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp chilli flakes
- ½ beef stock cube
- A splash of Worcestershire sauce for extra flavour or coconut aminos
- Salt and pepper



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Anti-inflammatory Beef Chilli



4 servings



40 minutes

DIRECTIONS

1. Brown ground beef in a large saucepan. Drain off excess fat and liquid and remove.
2. In the same pan, soften the onion, garlic, and celery in 1 tbsp of tsp of olive oil and cook over medium heat until onion is tender (about 5 minutes).
3. Add herbs, spices, salt, and pepper and stir for 1 minute. Add lentils, red kidney beans and stir through (add a little water if necessary).
4. Add remaining vegetables, stirring to combine, reduce heat allowing to soften (about 5 minutes).
5. Add tomatoes, tomato puree, cover, stir well, and simmer for 20 minutes (stirring occasionally).
6. Serve with Greek yogurt (or you can use dairy free soya or coconut yoghurt or cream). Add green onions or chives if desired.
7. Store in the fridge up to one week or in the freezer up to one month.

NOTES

TRY:

For a vegan version, use meatless crumbles or add two extra cans of beans. You can substitute kidney beans for black beans, butter beans or chickpeas. This chilli works well with sweet potato and carrot mash or handfuls of rocket salad and home-made salsa.

WATCH:

If you are watching your toxic load, try and buy organic tinned beans and tomatoes which will be BPA free and watch the sugar levels!

ECO:

Ideally using beef from organic is best to avoid the use of antibiotics and growth hormones or grass-fed cattle to limit such use and is best for the animal's welfare.