

Superfood Chili (THM S)

Makes 4 servings.

Ingredients:

- 1lb ground beef
- 8oz mushrooms
- 1 green bell pepper, diced
- 1 yellow onion, diced
- 1 12oz package of frozen cauliflower rice
- 2 Tbsp chili powder
- 2 tsp onion powder
- 2 squirts of liquid aminos
- Dash of cayenne pepper
- 1/8 tsp mineral salt
- 1/8 tsp black pepper
- 1 14oz can diced tomatoes
- 1 14oz can of Dark Red Kidney Beans
- 16 oz water
- 1 Tbsp Baobab powder
- 2 tsp gelatin

Directions:

In a large pot, cook the ground beef and mushrooms together until the meat is browned. Drain the fat.

Add in the diced onion, bell pepper, cauliflower rice, chili powder, onion powder, liquid aminos, mineral salt, black pepper, and cayenne pepper. Cook until the onion is translucent.

Add in the cans of tomato, kidney beans, and water. Bring to a boil.

Add in the gelatin and Baobab, stirring until well combined. Allow to simmer for 20 minutes.

Enjoy!