

Spicy Pineapple Chili

Prep time

15 mins

Cook time

60 mins

Total time

1 hour 15 mins

Serves: 8

Ingredients

- [1 pound bacon, cut into thin strips](#)
- 2 medium onions, diced
- 2 bell peppers, diced
- 2 jalapeños, diced (seeds optional)
- 4 cloves fresh garlic, minced
- [2 pounds, grass fed ground beef](#)
- [1/4 cup chili powder](#)
- 2 teaspoons ground cumin
- red pepper flakes (optional)
- sea salt to taste
- black pepper to taste
- 1 (20-ounce) can of diced pineapple
- 1 (15-ounce) can of tomato sauce
- 1 (14-ounce) can of fire roasted diced tomatoes



Instructions

1. Preheat a large [\[amazon_link id="B0018EAM7S" target="_blank" \]Stock Pot\[/amazon_link\]](#) or [\[amazon_link id="B0076NOGPY" target="_blank" \]Dutch Oven\[/amazon_link\]](#) over medium heat (You can do this in the [\[amazon_link id="B001AO2PXX" target="_blank" \]Crock Pot\[/amazon_link\]](#) as well, see notes below)
2. Brown your thin strips of bacon in your pan
3. Add in your onions, peppers, jalapeños, and garlic and continue to cook, stirring often for 5 minutes or until your onions become translucent
4. Now add in your [Grass fed Ground Beef](#), chili powder, and cumin and stir until your ground beef is cooked through
5. Add in all your remaining ingredients, stir well, and increase heat until your chili comes to a boil
6. Once boiling, reduce the heat to low, cover, and simmer for 45 Minutes

Notes

For the crockpot: 1. Brown your bacon in a saute pan and then place in your crockpot 2. Saute your ground beef in the bacon fat until cooked through and then add to your crockpot with all the remaining ingredients 3. Cook on low for 4-6 hours and Enjoy

Recipe by Civilized Caveman Cooking Creations at <http://civilizedcavemancooking.com/entrees/beef/spicy-pineapple-chili/>