

Three Bean Chili and Green Salad

Chili

1. In a large pan or Dutch oven add a little bit of olive oil and start to brown the Grass-fed ground beef. Add salt and pepper to the beef.
2. When the beef is starting to brown add the organic tomatoes. Save about 10 tomatoes for your salad. Dump all the rest in with the meat. Turn the heat to medium and let the meat and tomatoes cook together for about 10 minutes. The tomatoes will become tender, and you can smash them all with a fork. You may want to poke them with a fork first, then smash them.
3. Add the beans (organic pinto, kidney, and black), tomato sauce, and chili powder (all organic spices). Cook together for 10 to 15 minutes.
4. Top with the avocado, cheese, and green onions.

Green Salad

1. Dress the salad greens with the Salad dressing (labeled A) and add some of the tomatoes you reserved.

Dressing Ingredients: Olive Oil and Avocado Oil, Apple Cider Vinegar, Salt, Pepper, Organic raw sugar.