

THICK AND HARDY CHILI



INGREDIENTS

1 Lb. of Shelton's grass fed ground turkey
Bean of choice, desired amount
1 Package Simply Organic chili seasoning mix
1 Can organic tomato sauce
Mushrooms to taste
Onion to taste
1 tsp chia seeds and bee pollen



EQUIPMENT

Pan
Pot
Stove
Knife
Chopping Board
Bowl

TOP TIPS

You can easily cook your beans for an hour or more without soaking them, but a friend of mine who soaks her beans for sometimes three days told me why it is important to soak beans. Turns out beans contain an outer coating that consists of a sugar called oligosaccharides which our bodies do not have the enzymes to break down. It is said that it also cuts down on the cooking time allowing the preservation of more vitamins and minerals.



METHOD

1. Cook your desired beans on low heat, do not let boil, add water as necessary keeping the beans covered in water throughout the cooking process.
2. Meanwhile brown your meat.
3. Chop up the mushrooms real small and add to a pot with all the ingredients except the chia seeds, and bee pollen.
4. Let simmer on low heat stirring frequently to allow all the flavours to mix together.
5. Remove from heat and add the chia seeds and bee pollen.
6. Serve with your favourite chili toppings.

