



# Farm Fresh Living.com

healthy recipes from our farm to your family

*Stargazer Perennials Farm and Nursery, Summerville Oregon*

## **Spicy Chili with Red, Yellow and Orange Bell Peppers**

This quick and easy chili can be eaten the same day, but you will find that the the flavors are much more pronounced if you make it a day ahead of time, refrigerate then reheat.

You can customize this easy chili recipe by substituting good quality sausage, ground buffalo, ground elk or ground moose meat. I have also made this chili meatless by doubling the amount of beans used. Serve with home made biscuits or brown bread.

- 1 lb organic ground beef. You can also use a good quality sausage, buffalo or elk meat if available.
- 2 Large sweet onions, chopped in large pieces
- 1 tablespoon paprika
- 3-4 tablespoons chili powder
- 1/2 teaspoon cayenne pepper powder (or more if you like it really hot!)
- 2 cans 27 oz. each, low sodium kidney beans.
- 2 large cans organic tomatoes, chopped
- 1 red bell pepper, chopped in large pieces
- 1 orange bell pepper, chopped in large pieces
- 1 yellow bell pepper, chopped in large pieces
- 1 small can organic tomato paste
- sea salt to taste
- 1 1/2 tablespoon olive oil
- 1 tablespoon flour
- 1-2 tablespoons water.

Heat olive oil in large skillet or deep stock pot. Sear beef, turn heat to medium, add paprika. Stir beef to evenly distribute paprika and continue to cook beef until done, stirring occasionally. Add chopped onion and chopped bell peppers, mix with cooked beef. Add chili powder and cayenne pepper and stir until all vegetables are coated. Cook over medium heat for 2-3 minutes. Add kidney beans, tomato paste and chopped tomatoes. Mix flour with water until it is smooth and forms a paste. Add flour paste to chili mixture and turn heat up to medium high for 4-5 minutes, stirring as needed. Turn heat to simmer and cook 3-4 hours.

Serve this tasty chili with sour cream, chopped onions and shredded sharp cheddar cheese.

In the summer during the peak of gardening season this is a great chili to make with fresh produce right out of the garden. You can substitute the organic canned tomatoes for fresh, home grown tomatoes. [We use Rutgers Heirloom Tomato or Amish Paste Heirloom Tomatoes](#) in our chili at the farm.

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