

Chili

4 tsp. olive oil
1 red bell pepper, seeded and chopped
1 green bell pepper, seeded and chopped
1 yellow bell pepper, seeded and chopped
1 red onion chopped
3/4 lb. ground chicken or beef
1 Tbsp. Almond Flour or Spelt Flour
1 Tbsp. chili powder
1 Tbsp. ground cumin
1 Tbsp. unsweetened cocoa powder
1/8 tsp. cayenne pepper
Three 14 1/2 - ounce cans crushed tomatoes
2 Tbsp. balsamic vinegar
3/4 cup canned chickpeas, rinsed and drained

1. In a large pan or dutch oven heat the oil. Saute the bell peppers and onion until softened, about 5 minutes. Add the chicken or beef and break apart with a wooden spoon, until non longer pink, 5-7 minutes.
2. Sprinkle with the flour, chili powder, cumin, cocoa powder and cayenne; cook, stirring briskly and constantly, 1 minute. Stir in the tomatoes and vinegar; bring to a boil. Reduce the heat and simmer, stirring frequently, until thick, 30-40 minutes. Stir in the chickpeas; simmer until heated through, about 5 minutes.