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## **Lamb Chili**

*Substitute beef, buffalo, pork, or chicken*

### Ingredients:

4 tablespoons coconut oil/ghee blend

1 chopped large onion

3 garlic cloves

1-2 chopped Serrano chilies...depends how spicy you like it?

1 red, yellow, green pepper; I like to mix them, cut into ¼ inch cubes

1 teaspoon sweet Hungarian paprika or Pimenton (smoked paprika)

1 teaspoon ground cumin

2 teaspoons dried marjoram

1 teaspoon dried thyme leaves

1 ½ pounds lamb cut into ¼ inch cubes...this is a very inexpensive cut of meat, be sure rinse AND dry (use a towel) your meat before cooking

2 jars of organic whole tomatoes (14 or 15 oz. jars) chopped coarsely...keep the juice for the stock

1 tablespoon organic tomato paste

Zest of ½ Lemon or Lime...be sure to clean the wax off before zesting!!!

1 teaspoon pure maple syrup...I like to add just a touch of sweetness to counter the tomato acidity

Sea salt and pepper

1 cup black beans cooked...see note on how to do this better

*NOTE: Soaking your own beans is better than beans in a can so if you want to go the extra mile for health continue reading. A day or 2 before this meal is prepared, start soaking your beans...so you can digest them. To do this, place the cup of rinsed dried beans into a glass or stainless steel bowl, add enough hot (boiling) water to cover completely (an inch over the beans) and 1 tablespoon fresh lemon juice or whey (this is the liquid on top of live culture yogurt). Leave this on the counter for 7-12 hours, rinse and repeat for another 7-12 hours, rinse again...now your beans are ready to be digested!*

**The Meal:** I like to use one of my heavy French enamel coated Dutch ovens for this dish...after pre-heating your pan with a medium heat, add 4 tablespoons of oil to coat the pan then the onion, garlic, chilies and sweat/sauté for 5 minutes. Add your cubed pepper and cook for an additional 2 minutes, now add the paprika, cumin and lastly your cubed lamb; you will need to increase the cooking temperature to medium high heat. Stir this mixture well until the lamb is coated and begins to brown slightly.

Add your coarsely chopped tomatoes (and their juice), tomato paste, lemon zest, sugar and remaining herbs including the sea salt and pepper. Bring this mixture to a rolling but controlled boil and cook for 20 minutes. Add your soaked beans and cook for an additional 30-40 minutes or until the beans are to your desired tenderness.

I like to serve this with organic sprouted tortillas to scoop up the meat but I also garnish with salsa, guacamole and fresh cilantro...this is also great over brown rice or use a little over poached eggs in the morning. Beef, pork, buffalo or chicken can also be substituted for this recipe.