



Mango Chili

(For those who cannot have tomatoes & another easy place to hide pureed veggies!)

- 2 Tablespoons oil
- 1 Tablespoon onion and garlic powder
- 1 Pound ground meat of your choice (try to use a combination)
- 1 Teaspoon EACH sea salt, basil and chili powder
- ½ Teaspoon EACH thyme and oregano
- ¼ Teaspoon ground black pepper or ground coriander
- Cumin & red pepper to taste
- 2 Cups "safe" beans of your choice, drained and rinsed (black beans)
- 1/2 Cup - 1 Cup pureed greens of your choice
- 1 Medium mango, deskinmed and pureed
- *If it seems dry, add broth starting at ¼ - ½ cup and increase if needed

Prep Time: 5 Minutes

Cook Time: 25 Minutes

1. In a large saucepan, heat oil
2. Add onion and garlic
3. Cook over medium heat until brown
4. Add ground meat; cook until the meat is not pink anymore
5. Add all of the remaining spices and stir well.
6. Add the beans, greens and mango
7. Cover; simmer on low heat for about 10-20 minutes

This recipe is spicier if you make it ahead of time and let it sit overnight.

Makes approximately 4 servings