



Poultry, Game & Meat

Chili Con Carne

Yield: 6 servings

Extract from
www.paleo-harvest.com

Chili con carne is usually made with beef, but here we substitute chicken. Alternatively you can use any other conforming meat, such as turkey, venison, and so on. Also in our recipe here, we substitute beans by eggplant.

The chili is much tastier a day or two after it's cooked, as the flavors develop and the texture becomes richer.

olive oil spray
2 onions (about 9 ounces), thinly sliced
3 cloves garlic, crushed
1 small carrot (about 3 ounces), peeled and sliced
2 medium celery stalks (about 4 ounces), sliced
2 teaspoons dried chili flakes, or to taste
1 teaspoon ground cumin
1 teaspoon ground coriander
1 tablespoon cinnamon bark pieces
3 tablespoons tomato paste
1 good shake of Worcestershire sauce, to taste
2-3 medium eggplants (around 1 1/4 pound), unpeeled and cut into bite-size pieces
14-ounce can chopped tomatoes
1 cup red wine
salt to taste
freshly ground black pepper, to taste
1 1/4 pound ground chicken breast, skinless and fatless
optional: 3 tablespoons chopped fresh cilantro leaves

1. Spray a large saucepan with the olive oil and sauté the onion until soft and translucent, but not brown.
2. Mix in the garlic, carrot and celery and sauté for another 2 minutes.
3. Add the chili flakes to taste, the cumin, coriander, cinnamon barks and coat the veggies with the spices. Mix in the tomato paste and Worcestershire sauce to taste. Heat through for 2 minutes.
4. Add the eggplant slices and sauté uncovered for about 5 minutes.