

1st place in the With Meat category -- Sonia Millbank

Bollywood Pop! (Indian fusion chili con carne / beans)

2 red bell peppers, diced
1 large yellow onion, diced
1.5 lbs. ground turkey or beef
Cilantro stems from a large bunch, minced
2 Tbsp. each: cumin, turmeric, garam masala, coriander, black pepper, cinnamon (or 2 whole cinnamon sticks)
2 tsp. smoked paprika
2 bay leaves
1 Tbsp. smoked salt
1 tsp. nutmeg
2 inches fresh ginger, grated finely
6 large cloves minced
2 Tbsp. beef Better than Bullion
1 15oz ounce can diced tomatoes
1/2 cup tomato paste
2 15oz can dark red kidney beans or any beans you like
2 medium garnet yams, peeled and diced
3 C. Water (or bone broth)
1 C. chopped cilantro leaves (chop
Ghee or butter until your ancestors tell you to stop (ie: a lot, I prefer ghee)

With the stove set to medium high, **add** the avocado oil or ghee, onions and bell peppers to the pot and sauté until translucent.

Add ground meat, cilantro stems (minced), all of the spices and the beef bouillon and fry until the meat is cooked through.

Add the tomato paste and fry with the vegetables and meat/spices mixture for about 2 to 3 minutes.

Then add the can of tomatoes with all the juice and stir until both tomato products are thoroughly combined.

Next add the beans with their liquid, the sweet potatoes and the water (unsalted bone broth is good too). Stir to combine.

Bring to a boil then reduce the heat to low and cook until the sweet potatoes are fork tender.

Finally add the chopped cilantro and the ghee or butter.

Taste and adjust seasonings, adding other finishing spices to your heart's content: sea salt, smoked salt, chili flakes, maple syrup, soy or Worcestershire sauce.