

## Sweet Potato Chili

### INGREDIENTS

- 4TBS Lard
- 1 Package Grass-Fed Beef
- 1 Yellow Onion, diced
- 2 Cloves Garlic, chopped
- 1 Ear fresh sweet corn, shaved
- ½ Sweet potato, finely chopped
- ½ Yellow Sweet Potato, finely chopped
- 4C Bone broth
- 1 Can Fire Roasted Diced Tomatoes
- 4-5TBS Chili powder
- 1-2TBS Cumin
- 1TBS Basil
- 1TBS Oregano
- 1TBS Garlic Lovers Seasoning
- 1TBS Himalayan Salt & Pink Peppercorn

1. Melt 2TBS lard in a dutch oven and brown beef with all seasonings. Remove from pan and set aside.
2. Add another 2TBS of lard to dutch oven and add in garlic and onions, stir for a few minutes and add remaining corn and potatoes.
3. Allow to cook until potatoes being to soften and add broth and tomatoes.
4. Mix well and bring to a boil.
5. Reduce to simmer and add back the ground beef.
6. Simmer on low for 20 minutes and served garnished with garlic scpaes and chopped avocado.