

Bean-Free Pumpkin Spice Chili **Paleo and Keto-Friendly**

Ingredients:

1T Olive Oil
1 White Onion, chopped
6 Cloves Garlic
1 Bell Pepper, diced
1 Jalapeño, minced
1-1/2 lbs Steakhouse Elite Grass-fed Ground Beef
2 (14.5oz) Cans Roasted Tomatoes
1C Beef Broth
1T Paprika
1T Chili Powder
1t Cinnamon
1t Salt
1 (15oz) Can of Pumpkin Puree

Instructions:

1. Heat a large stockpot over medium heat. Add olive oil, onion and garlic and brown until onions become slightly translucent.
2. Add bell pepper and jalapeno and cook until soft.
3. Add raw Steakhouse Elite ground beef and brown. Once browned, add tomatoes, broth and spices and simmer for five minutes.
4. Add pumpkin and simmer for another 10 to 30 minutes (the longer you simmer it, the more the flavors will develop).