PRIMAL GUIDE

Animal-Based Chili

PREP 15 MIN • COOK 120 MIN • YIELD 6 SERVINGS

INGREDIENTS

- 2 lbs grass-finished ground beef or bison
- 1 lb beef short ribs or stew meat, cubed
- 4 cups bone broth, beef preferred
- 4 oz beef liver, finely minced (optional)
- 4 oz pork belly or bacon, chopped
- 1 tbsp beef tallow or suet
- 1 tsp sea salt (to taste)
- 1 tsp smoked paprika (optional; not animal-based, but a fine healthy option)
- ½ tsp ground cumin (optional; not animal-based, but a fine healthy option)
- 1 cup diced tomatoes (optional, if you tolerate tomato)
- 1 cup diced sweet potato or carrots (optional, if tolerated)
- ½ cup raw cheddar cheese (optional topping)
- ½ cup raw sour cream (optional topping)
- diced apple or baked pumpkin cubes (optional, for seasonal twist)

If you use raw dairy, buy only from a clean, trusted producer you know and talk to your doctor first. Laws vary by state (see our Raw Milk Laws by State guide). Primal Guide isn't liable for illness from foods you choose to eat.

primalguide.org/animal-based-chili

Not medical advice. Talk with your doctor about your diet.

Two-sided card. Print at 100% (Actual size), not Fit to page, on US Letter, double-sided, flip on long edge, then trim to the marks. Card: 4 × 6 in landscape.

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STEPS

1. Heat a large Dutch oven or heavy pot over medium heat and add beef tallow.
2. Render chopped bacon/pork belly until lightly crispy. Remove and set aside.
3. Brown ground beef and cubed short ribs in the rendered fat until well-seared.
4. Stir in minced liver (if using) and cook for 2 to 3 minutes.
5. Add bone broth (plus the tomatoes and root vegetables, if using) and bring to a simmer.
6. Reduce heat to low and cook covered for 1 to 2 hours until the meat is tender.
7. Return bacon to the pot and stir.
8. Season with sea salt and optional spices.
9. Serve hot, topped with raw cheddar or raw sour cream.

Back of card (steps). Page 1 is the front (ingredients). Trim to the marks after duplex printing.