

Paleo Sausage Chili

Inspired by Paleo Italian Sausage Chili

Ingredients:

1 lb sausage

4 strips bacon, cut in small pieces

1 onion, chopped

1-3 cloves garlic, sliced in half

White vegetables - see notes below

1-2 stalks celery, chopped

2 carrots, sliced or chopped

Spices to taste: cumin, coriander, cardamom, chili, cayenne, etc.

2 cups broth of your choice (vegetable, chicken, etc.), plus more as needed

3 cups spinach or other tender greens (baby greens are great; no chopping)

2 Tbsp pesto, or to taste

Salt and pepper

1. In a Dutch oven begin to cook the sausage and bacon. Add, in order: spices, onion, carrot, celery, and garlic. Start with 1 teaspoon of spices, total (much less cayenne), and add more later as needed. Salt the veggies as you add them, stir well, and cook a bit before adding the next vegetable. Drain off any excess fat as needed. Reserve it, in case you need or want it later.
2. Once those vegetables are soft and sausage and bacon are browned, add white vegetables and broth. The original recipe called for 3 white sweet potatoes. Use an equivalent amount or more of any or all of the following: turnips, daikon, parsnips, white or yellow carrots, celery root, and Jerusalem artichokes, cauliflower stems, and a little white sweet potato. Simmer until veggies begin to get tender. Add broth as needed for proper consistency.
3. Add greens and pesto, stir until combined. Taste and adjust seasonings. Simmer until the greens are done to your liking (probably just a few minutes), top with a green garnish such as parsley, and serve.