

James' Just as You Like It Chili with Chicken  
By James Williams



**Ingredients:**

2 onions – diced finely  
2 tablespoons coconut oil  
1 large can chopped tomatoes  
1 or more red peppers  
1 can of kidney or red beans – or swap for another bean such as garbanzos  
1lb of ground (lean) chicken or turkey.  
Mexican herbs  
Chili powder

**Directions:**

- 1 Place 2 tablespoons coconut oil into a large frying pan and heat until melted.
- 2 Add finely chopped onion, stir and cook until light brown.
- 3 Add 1 large can chopped tomatoes and cook together with the onions for 5 minutes.
- 4 Chop one or more peppers (red) while tomatoes and onions cook.
- 5 Transfer contents of frying pan to crock pot and add peppers, kidney beans or red beans.
- 6 Add Mexican herbs and Chili powder to suit your taste.
- 7 Clean frying pan, melt one table spoon of coconut oil.
- 8 Place ground chicken or turkey into the frying pan and cook through until light brown.
- 9 Add the meat to the crock pot and stir for 30 seconds.
- 10 Cook in the crock pot on medium / high for around 2 hours or on low or up to 4 hours. Slow cooking insures that the meat tastes of chili and Mexican herbs.

Tastes best if placed in refrigerator and left for 8 hours or overnight before being reheated. Enjoy!