

# Secret Ingredient Chili

## Ingredients

- 2 lbs ground beef
- 2 28 oz cans petite diced tomatoes
- 1 14.5 oz can of black beans
- 2 Tbs chili powder
- 2 Tbs dried minced onion (optional)
- 1 Tbs cumin
- 4 tsp mineral salt
- 2 bay leaves
- 1-2 cups frozen cut okra
- 1 cup very hot water

## Instructions

- Begin by browning the ground beef. After the beef is browned, drain off the grease and put the beef in a stock pot or crock pot. Add tomatoes, beans (no need to drain), seasonings, and bay leaves. Stir it all together.
- Next place your cut okra in the blender. I have a ninja. The way I processed the okra was to blend it till it turned into okra “snow”. Then I poured the hot water in and blended again for about a minute till there were no more chunks of okra at all. If you do not have a high-powered blender then you can pour the hot water in with the frozen okra and blend away.
- Now pour the mixture into your chili. Don’t worry, your chili will not be that green!

- Stir everything together.
- You now just need to heat your chili through. You can do this in less than 20 minutes if you are doing it on the stovetop by just simmering it on medium-low heat. Stir it occasionally to keep the bottom from burning. I personally like chili best when it has simmered for a long time. So I put it on very low heat and simmer for at least an hour. I like it best when I put it in the crock pot on low all day! Remove bay leaves before serving.
- I hope you love this chili as much as my family does!