

## Whole30 Beef Chili with Roasted Sweet Potatoes

**2 SERVINGS | HANDS ON TIME: 20 | TOTAL TIME: 45**

Peeler Ranch or Dear Run Land & Cattle Ground Beef, thawed  
Farmhouse Kitchen Chili Stock, thawed  
Gundermann Acres Summer Squash, washed, ends trimmed  
Fruitful Hill Farm Sweet Potatoes, washed, scrubbed and peeled (optional)  
Farmhouse Kitchen Sweet Potato Spice  
Farmhouse Kitchen Pickled Carrots & Jalapenos  
Olive oil, ghee or preferred fat  
Salt and Pepper

Preheat oven to 425°F degrees and arrange the rack to the middle position.

**STEP 1** While oven is preheating, prepare the vegetables. Cut summer squash into approximately ¼” pieces and set aside. Chop washed sweet potatoes into 2” long wedges and add to a baking sheet. Add 2 tbsp. preferred fat, sprinkle with sweet potato spice, toss to coat evenly, and then spread out in one layer. Roast for 15 minutes. Flip and roast for another 10-15 minutes or until tender and crispy on the outside.

**STEP 2** Prepare the beef chili. In large skillet, add 2 tsp. fat and set burner to medium heat. When the pan just begins to smoke, add ground beef and break up into small crumbles. Season with ½ tsp. salt and pepper. Saute for 5 minutes or until just browned. Drain excess fat (if desired) and return to medium-heat, then add chili stock. Stir and bring just to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes.

**STEP 3** After 10 minutes, stir in chopped squash and continue to simmer for 7-10 minutes or until the squash is tender. Season with salt and pepper to taste.

**STEP 4** To serve, add a layer of sweet potato wedges to plate, cover with beef chili and garnish with pickled carrots and jalapenos.

Enjoy!

## Whole30 Beef Chili with Roasted Sweet Potatoes

**4 SERVINGS | HANDS ON TIME: 20 | TOTAL TIME: 45**

Peeler Ranch or Dear Run Land & Cattle Ground Beef, thawed  
Farmhouse Kitchen Chili Stock, thawed  
Gundermann Acres Summer Squash, washed, ends trimmed  
Fruitful Hill Farm Sweet Potatoes, washed, scrubbed and peeled (optional)  
Farmhouse Kitchen Sweet Potato Spice  
Farmhouse Kitchen Pickled Carrots & Jalapenos  
Olive oil, ghee or preferred fat  
Salt and Pepper

Preheat oven to 425°F degrees and arrange the rack to the middle position.

**STEP 1** While oven is preheating, prepare the vegetables. Cut summer squash into approximately ¼” pieces and set aside. Chop washed sweet potatoes into 2” long wedges and add to a baking sheet. (You may need to roast sweet potatoes in multiple batches) Add 4 tbsp. preferred fat, sprinkle with sweet potato spice, toss to coat evenly, and then spread out in one layer. Roast for 15 minutes. Flip and roast for another 10-15 minutes or until tender and crispy on the outside.

**STEP 2** Prepare the beef chili. In large skillet, add 1 tbsp. fat and set burner to medium heat. When the pan just begins to smoke, add ground beef and break up into small crumbles. Season with 1 tsp. salt and pepper. Saute for 5 minutes or until just browned. Drain excess fat (if desired) and return to medium-heat, then add chili stock. Stir and bring just to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes. (You may need to brown ground meat in multiple batches or in a sauce pot)

**STEP 3** After 10 minutes, stir in chopped squash and continue to simmer for 7-10 minutes or until the squash is tender. Season with salt and pepper to taste.

**STEP 4** To serve, add a layer of sweet potato wedges to plate, cover with beef chili and garnish with pickled carrots and jalapenos.

Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Ground Beef - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Chili Stock- If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: New Mexican Chili Powder, Roasted Johnson's Backyard Jalapeno, Phoenix Farms Onion, Garlic, Cinnamon, Cumin, Allspice, Mexican Oregano, Chicken Stock, Oregano Vinegar)

Summer Squash - Store in a plastic bag in the crisper drawer of the refrigerator. Use within 5 days.

Sweet Potatoes - Store in a cool, dry place in your kitchen. Use within 10 days.

Sweet Potato Spice - Store in a cool dry place in the kitchen. Use within 5 days. (Ingredients: Cumin, Black Pepper, Coriander)

Pickled Carrots & Jalapeno - Store in the refrigerator. Use within 5 days. (Ingredients: Johnson's Backyard Garden Carrot, Braune Farms Jalapeno, Salt, Texas Farm Patch Peach Puree, Coriander, Chili Flake, Dill Seed, Coriander Seed, Yellow Mustard Seed, Oregano and Thyme Vinegar)

**\*Not made with gluten, dairy, egg, nuts, fish or shellfish containing ingredients.**

**\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**