



F & F Organic Chili
F & F Organic Cowboy Rub
F & F Fire Salt or Herb Salt

Plant Based

A root vegetable chili that is rich in flavor and rich in healthy nutrients. We have combined the heat from our F & F Chili blend and the depth of flavor from our F & F Cowboy Rub that will “Excite Your Taste Buds”! Slow cooked makes it easy, the ingredients make it healthy; a perfect recipe for a beautiful fall evening!

Ingredients:

- 1 large sweet potato-peeled and cubed into 1 inch cubes
- 1 cup butternut squash-cubed into 1/2 inch cubes
- 1 medium onion-chopped
- 1 small beet-peeled and chopped into 1/2 inch cubes
- 1 yellow pepper-chopped
- 1-14.5 oz can chili beans (smash 1/2 of the beans when adding to crockpot)
- 2-14.5 oz cans fire roasted tomatoes (you may roast 2 pints of roma tomatoes instead)
- 3 cups vegetable broth
- 2 carrots-chopped
- 2 cloves of garlic-minced
- 2 heaping Tbsp Fennel and Fire Chili seasoning
- 1 heaping Tbsp Fennel and Fire Cowboy Rub
- 1 Tbsp cider vinegar
- 2 large granny smith apples- peeled and chopped into 1/4 inch cubes

Servings: Six

Equipment: Crock Pot

Directions:

In a 4-6 qt slow cooker, combine all ingredients, cover and cook on low 7-8 hours or until potatoes and squash are tender. Finish with Fennel and Fire -Herb or Fire Salt to taste.