



This low-fat recipe, courtesy of the Cherry Marketing Institute with a few adaptations, is loaded with antioxidants. For more information on all things cherry, go to choosecherries.com. If you can wait, the leftovers taste even better the next day! Set out toppings such as chopped red onion, avocado, grated Cheddar cheese or SCD yogurt.

Serves 8



Dried Cherry Chili

2 c. homemade chicken broth, divided
4 ounces dried tart cherries, unsweetened,
chopped (3/4 c.)
1 Tbs. olive oil
1 c. chopped onion
1 red bell pepper, cut into $\frac{1}{4}$ -inch cubes
1 Tbs. fresh or bottled chopped garlic
1 lb. ground turkey (no "natural flavors") or
beef
1 Tbs., plus 1 tsp. paprika
 $\frac{1}{4}$ tsp. original Tabasco Sauce, or to taste
1- $\frac{1}{2}$ tsp. ground cumin
1 tsp. ground coriander
1 tsp. dried mustard
1 tsp. salt
 $\frac{1}{2}$ tsp. dried oregano
4 c. chopped tomatoes
2 c. SCD legal white beans* (opt.)
 $\frac{1}{4}$ c. chopped cilantro

Optional Toppings:

Chopped red onion, Avocado, grated Cheddar
cheese, Cilantro or SCD yogurt†

1. Heat 1 c. of broth. Place cherries in small bowl.
Add hot broth and set aside.

2. Heat olive oil in a 4-quart saucepan over medium
heat. Add onion and bell pepper; sauté about 5
minutes, until veggies are soft. Add garlic; cook 1
minute. Do not brown garlic. Add turkey or beef;
cook until it is no longer pink.

3. Add paprika, Tabasco, cumin, coriander,
mustard, salt and oregano. Cook over medium high
heat, stirring occasionally, about 2 minutes. Add
tomatoes and remaining broth; bring to a boil.
Reduce heat; simmer, uncovered, about 15 minutes.

4. Stir in beans, cilantro and cherry mixture.
Continue cooking until thoroughly heated.

*Omit beans if you are still having flare-ups or have not been on
the diet for at least 6 months. To be SCD legal, white beans
must be the dried type, soaked overnight. Discard soaking
water. Cover with fresh water and bring to a boil. Turn down to
a simmer and cook until beans are tender, stirring and adding
water as needed, approx. 1-1/2 to 2 hours. Measure for the
recipe after beans are cooked. Cook a bunch all at once and then
freeze the leftovers for other recipes!