



*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](http://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!