

Raw Chili

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Today I want to share with you one of my all-time favorite winter recipes!

It's perfect for cold weather, and with the Superbowl just around the corner, you can surprise your friends and family with a healthy and tasty alternative to this winter staple.

And yet the amazing thing about this recipe is that it's raw! No cooking required, which means it's also easy to prepare and clean up.

As you may know, I'm a certified raw food chef and I believe that [raw is the way to go](#) whenever possible.

The fact is, raw foods deliver more nutrients than cooked foods.

This recipe includes all the classic chili spices, so it gives you that warm flavor that many of us crave at this time of year.

But of course, it doesn't include any of the acid-forming ground beef that most chili is filled with.

So it's easier for your digestive system to process, bursting with vitamins and minerals, and alkalizes your body.

It's also really flexible, so if you don't have some of the listed spices but you have extra red pepper, that's okay! Feel free to swap in or out any of your favorite chili spices.

If you want to add a couple of veggies that have been sitting in your crisper, throw them in as well!

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Serves 2

INGREDIENTS

1 tomato (large)
6 sundried tomatoes
2 tbsp. garlic (finely chopped)
½ red bell pepper
¼ to ½ yellow squash
¼ yellow onion, chopped
2 tbsp. olive oil
1 tbsp. chili powder
1 tsp. cumin
½ tsp. sea salt (Celtic grey, Himalayan, Redmond Real Salt)
Optional: add 1 tsp. of Braggs Liquid Aminos



DIRECTIONS

Place all ingredients in the food processor with the “S” blade, pulse a few times first to chop ingredients, and then switch to blend in the food processor to obtain desired consistency.

You can eat this right away, but my preference is to let sit for an hour before you serve to let all of the spices mesh together.

I'd love to hear what you think once you try raw chili for the first time, so make a batch one night soon and let us know over [on Facebook](#). (Make sure you Like us while you're there!)

For more delicious raw recipes, get the [Get Off Your Acid 7-Day Cleanse](#), which includes more lunch and dinner recipes than you could cook in a whole week!

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