

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Sassy, Smokey Paleo Chili

Contributed by Coach Karen

Prep Time: 30 minutes. Cook Time: 30 minutes.

- 2 Roasted Poblano Peppers
- 1 carton Pomi Strained Tomatoes + 1 carton Pomi Chopped Tomatoes
- 1 Smoked Turkey Wing
- 2 T Coconut Oil
- 2 # Ground Turkey Breast
- 2 t Grassfed Butter
- 3/4 c Roughly Chopped Shallots
- 2 t Ground Ancho Chili Powder
- 1/2 – 1 1/2 t Ground Chipotle Chili Powder (depending on heat level)
- 5 t 100% Chili Powder (read the label ... steer clear of the ready-made chili powders)
- 2 t Ground Cumin
- 1/4 – 1/2 t Freshly Ground Black Pepper
- 1 t Kosher Salt
- 4 cloves fresh garlic, minced
- 1/2 t Hershey's Special Dark Cocoa Powder
- 1/4 t Ground Cinnamon
- 1 1/2 Large Diced Sweet Potato
- Juice from 1 Key Lime or 1/2 Fresh Lime
- 1 cup Roughly Chopped Sun dried Tomatoes (not in oil)
- Optional: Grassfed sour cream; fresh cilantro; chopped scallions

Char the skin of the Poblano peppers on a gas stove, under the broiler or on the grill. Place the peppers in a covered casserole or paper bag to steam, then cool. Once cool, peel, seed & dice; set aside. Bring the tomatoes to a boil; reduce heat and add the smoked turkey wing. Simmer the tomatoes and smoked turkey wing for approximately 30 minutes; longer for a smokier flavor. While the tomatoes simmer, chop the shallots and caramelize in the grassfed butter; do not burn or over-brown. Add the chili powders, cumin, salt & pepper; bring to temp and set aside. Melt the coconut oil and brown the ground turkey. Add the shallot / spice mixture and minced garlic, stir well. Remove the smoked turkey wing from the tomatoes; add to the ground turkey mixture and bring to temp. Add the cinnamon, cocoa powder, lime juice and sweet potato; cover and simmer until the sweet potato is tender. Add the sun dried tomatoes and Poblano peppers; stir well. Garnish with a dollop of grassfed sour cream and sprinkling of cilantro, or grated sharp cheddar cheese.



www.eliteathletic.com • 847.394.8110

Elite Athletic Development North—CrossFit Arlington Heights • 12 W College Dr • Arlington Heights 60004

Elite Athletic Development Downtown—CrossFit Axis • 43 S Dunton Ave • Arlington Heights 60005