

TURKEY CHILI

Ingredients:

- 1 lb lean organic ground turkey
- 2 red peppers, diced
- 2 jalapeños, sliced
- 1 sweet onion, diced
- 5 cloves garlic, minced
- 2 cans kidney beans, rinsed and drained
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) corn, rinsed and drained
- 1 can (15 oz) tomato sauce
- 3 cans (15 oz each) diced tomatoes
- 2.5 tbsp chili powder
- 1 tbsp cumin
- 1 bay leaf
- Extra virgin olive oil
- Salt & pepper
- 1 tbsp Franks Red Hot (optional)
- 2 tbsp tomato paste (optional, for thickening)

Garnish:

- Plain greek yogurt
- Sliced avocado
- Destemmed cilantro
- Bread or chips for scooping

Instructions:

1. In a pot, sauté diced onion, red pepper, and jalapenos (set aside a few slices for garnish) in olive oil until softened. Then add minced garlic and cook for another minute before adding ground turkey. Break up the turkey with a spatula or wooden spoon and cook until browned.
2. Add kidney beans, black beans, corn, tomato sauce, diced tomatoes, chili powder, cumin, bay leaf, s&p, and hot sauce. Add 1-2 cans of water and tomato paste for thicker consistency. Stir well and bring to a simmer for 1-3 hours, stirring occasionally.
3. Serve in a bowl, topped with sliced avocado, dollop of yogurt, jalapeno, and cilantro. Enjoy with bread or chips for scooping.

Love,

Colie