



## TURKEY CHILI

SERVING SIZE: 4 | COOKING TIME: 1 HOUR 10 MINUTES

### INGREDIENTS.....

1 Tablespoon (Tbsp) olive oil  
 1 cup sweet onions, diced or cut into small pieces  
 1 teaspoon (tsp) garlic, minced or cut into tiny pieces  
 ¼ cup diced bell peppers  
 1 pound (lb) ground turkey  
 1 (28-oz) can crushed tomatoes, undrained  
 1 (16-oz) can red kidney beans, drained and rinsed  
 1 Tablespoon (Tbsp) chili powder  
 1 Tablespoon (Tbsp) sugar  
 2 cups low-sodium chicken stock  
 ½ teaspoon (tsp) garlic powder  
 1 teaspoon (tsp) hot sauce  
 1 ½ teaspoons (tsp) sea salt  
 1 teaspoon (tsp) dried basil  
 ½ teaspoon (tsp) dried oregano

### DIRECTIONS.....

1. Add oil to a large pot. Add onions, garlic and bell peppers. Sauté, stirring occasionally, over medium heat until onions are soft – about 5 minutes.
2. Add ground turkey to the pot of onion, garlic and bell peppers. Cook, stirring, until browned – about 12 minutes.
3. Add remaining ingredients to the chili pot: chicken stock, crushed tomatoes, red kidney beans, herbs and spices. Stir well to combine.
4. Reduce heat to low. Simmer (a gentle boil) chili for 30 minutes or 60 minutes for stronger flavor. Stir occasionally.

### WHAT ELSE YOU'LL NEED .....

- Cutting board and knife
- Large pot
- Cooking utensils  
(spatula, wooden spoon or similar)

