



Turkey Chili

Great to make ahead.
Freeze in single servings
and reheat in the
microwave as needed.

Directions

1. In a large saucepan, brown turkey, breaking up with spoon. Use a digital food thermometer to check that the turkey has reached an internal temperature of 74 °C (165 °F). Drain using a colander and set aside. Return the empty pot to medium heat. Add oil and cook onion, green pepper, garlic, chili powder, oregano and cumin for about 3 minutes or until softened.
2. Stir in turkey and jalapeño pepper and cook, stirring for 1 minute.
3. Add tomatoes, beans, broth, tomato paste and bay leaves. Bring to a boil; reduce heat, cover slightly and simmer, stirring occasionally for about 20 minutes or until thickened. Remove bay leaves before serving.
4. Alternatively this recipe can be made in a slow cooker, sauté turkey and onion in oil prior, then add all ingredient and cook on high for 5–6 hours or low for 7–8 hours.

Recipe adapted: Canada's Food Guide

Ingredients

- 1 lb lean ground turkey
- 2 tsp vegetable oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 4 cloves garlic, minced
- 1 tbsp chili powder
- 2 tsp dried oregano
- 1 tsp ground cumin
- 1 can (796 mL/28 oz) diced tomatoes
- 1 can (540 mL/19 oz) red kidney beans, drained and rinsed
- 125 mL (½ cup) lower sodium vegetable broth or water
- 60 mL (¼ cup) tomato paste
- 2 bay leaves

Optional Ingredients & Toppings

- 1 jalapeño pepper, seeded, minced
- Shredded light cheddar cheese
- Plain Yogurt (Fat Free)

PREP TIME: 10 min
COOK TIME: 30 min
SERVES: 8