

---

# Turkey Chili

## Description

For a festive approach to your family dinner make it a chili party by providing a number of chili toppers - shredded cheese, chopped red onions, green onions, cilantro, tortilla chips, and sour cream! If you have chili leftovers it's great in omelets too.

Total time: 45 min Yield: 6 Servings

## Ingredients

- 1 1/4 lb lean ground turkey
- 1 medium white onion (small diced)
- 1 medium green bell pepper (small diced)
- 2 Tbsp minced garlic (about 5 large cloves)
- 1 can dark red kidney beans (15 oz. can; drained and rinsed)
- 1 can light red kidney beans (15 oz. can; drained and rinsed)
- 1 can fire roasted diced tomatoes (15 oz. can)
- 1 can tomato sauce (15 oz. can)
- 1 can tomato paste (6 oz. can)
- 2 can fire roasted diced mild green chilies (7 oz. can)
- 3 Tbsp ketchup
- 1 Tbsp ground cumin
- 1 1/2 tablespoons chili powder
- 2 tsp kosher salt
- 1/2 tsp ground black pepper

Prep Time: 45 min Total Time: 45 min

## Instructions

Place a medium size stockpot over medium high heat. Add the ground turkey, onions, bell pepper and garlic and cook together for 5 minutes. Once the turkey and vegetables have cooked, add in all other ingredients, reduce the heat to low and let the chili simmer for 20 minutes. Serve with brown rice or corn bread.

## Recipe brought to you by:

Chef Ryan Covert

## Source:

