

Turkey Chili

Ingredients

- 2 T olive oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 lb. ground turkey
- 4 T chili powder
- 2 t cumin
- 1 t dried oregano
- ¼ t cayenne pepper
- ½ t kosher salt
- 1 28 oz. can diced tomatoes
- 1 ¼ C chicken broth
- 2 15 oz. cans dark red kidney beans, drained and rinsed
- Garnish with Avocado, cilantro, raw chopped onion, sour cream
- 1 14 oz can of corn, rinsed and drained

Directions

1. Heat oil in a large heavy bottomed Dutch oven or pot. Add onion, garlic, and red bell pepper and sauté for 5-7 minutes.
2. Add ground turkey and break up the meat, cooking until no longer pink.
3. Add the next 5 ingredients – chili powder, cumin, oregano, cayenne pepper, and kosher salt. Mix well.
4. Add tomatoes and their juice, chicken broth, kidney beans and corn. Mix well and reduce heat to a simmer.
5. Let the chili cook for 30-45 minutes to mix flavors together. Adjust seasonings and serve.
6. Garnish with chopped raw onion, avocado, cilantro and sour cream if desired.

Source: ambitiouskitchen.com



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