

TURKEY CHILI

There is nothing better than a hearty bowl of chili as the weather turns colder. This version from Nicole with Appetite For Change uses protein packed ground turkey and pinto beans with pantry staples like canned tomatoes and simple herbs and spices. Feel free to play around with the spices; cumin is good for the smokiness, but chili powder, cayenne, paprika would all be nice. This taco seasoning includes them all!



Ingredients

- 1 onion
- 2 cups bell pepper strips
- 1 1/2 lbs ground turkey
- 28 ounce can tomato sauce
- 1 can pinto beans
- 2 Tablespoons Taco Seasoning
- Toppings; shredded cheese, avocado, sliced green onions

From your pantry:

- 1 1/2 Tablespoon oil
- 3 garlic cloves or 1 Tablespoon granulated garlic
- 2 Tablespoon tomato paste
- 1 Tablespoon dried oregano
- Salt and pepper

Equipment:

- Large Dutch oven or pot with lid

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce.

1. Remove peel from **onion** and medium dice. Mince **garlic**. Drain and rinse **beans**.
2. Over medium-low heat, heat **oil** in a large pot. Add chopped onion and minced garlic. Stir until onion start to soften, about 10 minutes.
3. Increase heat to medium-high, add **ground turkey** and cook until meat is no longer pink, about 5-8 minutes.
4. Stir in **tomatoes, tomato paste, taco seasoning, and a pinch of salt and pepper**. Bring to a simmer, then reduce heat and simmer, partially covered for about 10 minutes to let flavors meld.
5. Add **beans and bell pepper strips** and simmer, partially covered, until vegetables are tender and chili is slightly thickened, about 7-10 minutes.
6. Serve in bowls with your favorite toppings - we've included **avocado, green onions, and shredded cheddar**. Enjoy!

Tips, Tricks, and Terms

A LITTLE ABOUT CANNED TOMATOES



We all know fresh tomatoes are one of the most nutritious and delicious summer vegetables around, but what about those pantry staple cans of diced tomatoes? Well, we're in luck as canned tomatoes have their own set of nutritional benefits making them a great pick for loading up on nutrients even as the weather turns cold.

Canned tomatoes are low in calories and packed with vitamin C and fiber. They're also high in an antioxidant called lycopene which is better absorbed by our bodies after being cooked - making canned (which are cooked) tomatoes a great source! Lycopene has been shown to fight cancer and lower your risk for heart disease, so stock up your pantry!

A little about...

BELL PEPPERS: Did you know this crunchy vegetable is 92% water? This makes bell peppers an especially hydrating, crunchy snack. They also have more Vitamin C than oranges!

CAYENNE: a hot pepper in the Capsicum family. Capsaicin is what makes peppers spicy, and also boosts their health benefits!



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