

Turkey Chili



Ingredients:

1 tablespoon Olive Oil
2 pounds turkey meat (use leftover white and dark meat or ground turkey)
2 cups chopped onion
1 cup chopped celery
1 cored chopped sweet red pepper
2 tablespoons chopped garlic
1 jalapeno cored, deveined and finely chopped
1 tablespoon dried oregano
2 bay leaves
3 tablespoons chili powder
2 teaspoons ground cumin
3 cups canned diced tomatoes
1 small can of tomato paste
2 cups chicken broth
2 – 15 ounce cans kidney beans, drained and rinsed
Salt and pepper to taste

Directions:

Heat oil in a large pot and add turkey meat. Cook until lightly brown. Break up meat as it cooks.

Add onions, celery, red pepper, garlic, jalapeno, oregano, bay leaves, chili powder and cumin. Cook for 5 minutes.

Add tomatoes, tomato paste and chicken broth. Bring to a boil and then reduce heat to a simmer. Cook for 20 minutes.

Add drained kidney beans and cook for an additional 10 minutes.

Makes approx. 15 cups/7.5 servings

Just ~360 calories per hearty 2 cup serving!

Garnish *judiciously* with a light sprinkle of cheese, a small dollop of sour cream and a lime wedge. Yum!!