

Turkey Chili



Prep time
15 minutes



Cook time
35 minutes



Servings
6-8 helpings

Ingredients

Cooking for 2? Freeze your leftovers in a freezer-safe container. Thaw in the refrigerator overnight, then reheat on the stove or in the microwave!

For the chili

- 1 pound ground turkey
- 1 tomato, diced
- 1 yellow onion, diced
- 2 bell peppers, diced
- 2 cloves garlic, minced
- 1 cup low sodium chicken broth or vegetable broth
- 1 can low-sodium kidney beans, drained and rinsed
- 1 can low-sodium black beans, drained and rinsed
- 1 tablespoon oil
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 tablespoon chili powder
- Salt to taste (about ¼ teaspoon)
- Pepper to taste (about ¼ teaspoon)

Equipment

- Sharp knife
- Cutting board
- Colander/strainer
- Can opener
- Spatula or other stirrer
- Measuring cups
- Measuring spoons
- Large pot
- Stovetop or hot plate

Instructions

Step 1: Get Ready

- Wash hands with soap and water.
- Rinse the onion, tomato, and peppers under running water.

Step 2: Cut the Vegetables

- Peel and dice the onion into small pieces.
- Dice the tomato and bell peppers into small pices.
- Mince the garlic (cut it into tiny pieces).

Step 3: Prepare the Beans

- Open the can of beans, drain them in a colander or strainer, and rinse.

Step 3: Cook the Turkey

- Heat a large pot on the stove or hot plate over medium heat.
- Add oil to coat the bottom of the pot, and let the oil heat up.
- Add the ground turkey once the oil is hot.
- Break the turkey up with a spatula as it cooks.
- Let the turkey cook for 5–7 minutes, until there is no pink left.

Step 4: Combine Ingredients in the Pot

- Add the diced onion and bell peppers to the pot.
- Stir for 3–5 minutes, until they are soft.
- Add the garlic, cumin, paprika, and chili powder to the pot. Stir to combine.
- Add the diced tomatoes, black beans, kidney beans, and chicken/vegetable broth to the pot.
- Stir to combine all the ingredients and bring the pot to a boil.
- Turn the stove or hot plate down to low heat once the pot starts to boil.
- Let the pot simmer (just barely bubbling) at a low heat for 20 minutes.

Step 5: Serve and Enjoy

- Remove the pot from the heat and turn off the stove.
- Let the chili cool then serve in individual dishes.
- Season with salt and pepper to your preferred taste.

Try some toppers for your chili:

- Avocado slices
- Cheddar cheese
- Plain Greek yogurt

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Grocery List

Produce

- 1 medium yellow onion
- 1 large or 2 medium tomatoes
- 2 medium bell peppers (any color)
- 1 garlic bulb

Fridge

- 1 pound ground turkey

Oils & Seasonings

- Oil (olive, vegetable, or canola)
- Salt
- Pepper
- Ground cumin
- Paprika
- Chili powder

Pantry Items

- 1 box or can of low-sodium chicken or vegetable broth
- 1 15-ounce can low-sodium kidney beans
- 1 15-ounce can low-sodium black beans