



TURKEY CHILI

COURTESY OF FIT

DIFFICULTY: MEDIUM

TOTAL TIME: 1 HOUR

ACTIVE: 30 MINUTES

SERVES: 6-8 PEOPLE

INGREDIENTS

- 2 lbs of ground turkey
- 1 each of Red, Orange, yellow and green bell peppers, chopped
- 1 onion, chopped
- 2 cans 15 oz. roasted chopped tomatoes
- 2 large cans of red kidney beans, drained and rinsed
- 1 large can tomato paste (about a 1/2 cup)
- 1.5 cups of water
- 1 tablespoon cumin
- 1 tablespoon paprika
- 1 tablespoon cayenne
- 1 teaspoon red pepper flakes
- 1 teaspoon cinnamon
- 1.5 tablespoon sea course salt
- garlic salt or powder (for turkey seasoning)

Optional: Add 2 droppers of organic stevia, Top with cheese and a little dollop of Greek yogurt.

INSTRUCTIONS

1. Chop 3 bell peppers and onion to your desired size.
2. Sauté the bell peppers and onion together on low for 15 mins in 2 tbs olive oil and 2 tbs butter.
3. Add the following to the sauté:
 - 5 tablespoons of chili powder
 - 1 tablespoon cumin
 - 1 tablespoon paprika
 - 1 tablespoon cayenne
 - 1 teaspoon red pepper flakes
 - 1 teaspoon cinnamon
 - 1.5 tablespoons of sea course salt
4. Cook the mixture for 5 additional minutes.
5. After 5 minutes add in 1.5 cups of water, 2 cans of roasted chopped tomatoes, and 1/2 cup of canned tomato paste.
6. Let the mixture simmer for 1 hour.
7. While the mixture is simmering, in a separate pan cook 2 pounds of ground turkey (use garlic salt, garlic powder, or pepper to season).
8. Add turkey to the simmer once fully cooked. Also add 2 large cans of red kidney beans.
9. (Optional): Add 2 droppers of organic stevia.
10. Simmer for another 20 minutes.
11. Turn off heat and let chili rest for 1 hour. Then heat again for 5 minutes before serving.
12. (Optional): Top with cheese and a dollop of greek yogurt to serve.