

What's Really In It?

Turkey Chili



Ingredients:

1 tbsp olive oil
½ C chopped onion
1 pound ground turkey
2 garlic cloves minced
1 tbsp chili powder - sometimes more
1 tea salt
½ tea paprika
¼ tea pepper
1 (15 ounce) can chopped tomatoes
1 container of chicken stock (26 ounces)
½ cup red pepper puree
½ cup carrot puree
¼ c cornmeal
2 tbsp of flaxseed meal (not whole flaxseed)
2 (15 ounce) cans of kidney beans, drained
& rinsed

Directions:

1. heat oil, add onion & cook until soft.
2. add turkey, garlic, chili powder, salt, paprika and pepper.
3. Cook till turkey is no longer pink
4. Stir in tomatoes, add broth, red pepper puree, carrot puree, cornmeal & flaxseed meal. Stir until well combined.
5. Bring to boil, reduce heat & simmer for 15 mins covered.,
6. Stir in beans and cook for 5mins to heat them through. *A trick I use is to puree 1 can of the beans a little, for those that do not like beans this breaks down the beans a little & creates a different texture to the chili.

Enjoy!

The cornmeal & flaxseed add some fiber & help to thicken the chili a little - they can be left out without any issues. **puree's - cook carrot till soft & then puree. For pepper, roast the red pepper in oven till soft, then puree. These 2 vegetables blend in very well to this dish & are not noticeable in taste.