



TURKEY (OR VEGETARIAN) CHILI

Nutritious and filling - omit the turkey for a complete vegetarian meal. Makes 6 -8 servings.

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INGREDIENTS

- 15 mL (1 T.) canola or olive oil
- 2 stalks celery, finely chopped
- 2 medium onions, chopped
- 2 cloves garlic, minced
- 1 red pepper, seeded and chopped
- 1 green pepper, seeded and chopped
- 450 g (1 lb.) extra lean ground turkey
(omit for vegetarian chili)
- 2 (796mL/28 oz.) cans diced tomatoes
- 30 mL (2 T.) chili powder
- 5 mL (1 tsp.) cumin
- 1 mL (1/4 tsp.) cayenne pepper
- 250 mL (1 cup) frozen corn niblets
(OR 1 can 341 mL/12 oz. corn niblets, drained)
- 2 cans (540 mL/19 oz.) kidney beans, white beans, or black beans, drained and rinsed

INSTRUCTIONS

01

Heat a large pot over medium-high heat; add oil and swirl to coat bottom of pot. Stir in celery, onions, garlic, red pepper and green pepper; sauté until vegetables are tender (about 7-8 minutes).

02

Add ground turkey *(if using)*, cook for 5 more minutes, stirring and breaking up pieces with a spoon. Stir in canned tomatoes, chili powder, cumin, and cayenne.

03

Add drained/rinsed canned beans and corn to the pot and stir. Increase heat to bring mixture to a boil. Cover the pot with lid, reduce heat. Simmer chili (should be steaming but not boiling) for 30 - 45 minutes, stirring occasionally.

04

Using a clean spoon, taste the chili, and add more chili powder, or salt and pepper if necessary.

05

Serve topped with grated cheese, if desired. Freeze leftovers in individual portions for another time.