BIG-BATCH TURKEY (OR TOFU) CHILI

Prep Time: 20 minutes
Cooking Time: 35 - 45 minutes
Makes 6 - 8 servings

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 & 1 green pepper, seeded and chopped
- 450 g (1 lb.) extra lean ground turkey OR 1
  350 g (12 oz.) package extra-firm tofu
- 2 (796mL/28 oz.) cans diced tomatoes
- 30 mL (2 T.) chili powder
- 5 mL (1 tsp.) cumin
- 250 mL (1 cup) frozen corn niblets (OR 1 can 341 mL/12 oz. corn niblets, drained)
- 1 mL (1/4 tsp.) cayenne pepper
- 2 cans (540 mL/19 oz.) kidney beans, white beans, or black beans, drained and rinsed

Directions

Heat a large pot over medium-high heat; add oil and swirl to coat bottom of pot.

Stir in celery, carrots, onions, red pepper and green pepper; sauté until vegetables are tender (about 7 - 8 minutes).

Add ground turkey OR crumble in the tofu, cook for 5 - 7 more minutes, stirring and breaking up pieces with a spatula.

Stir in canned tomatoes, chili powder, cumin, and cayenne.

Add drained/rinsed canned beans and corn to the pot and stir. Increase heat to bring the mixture to a boil. Cover the pot with lid, and reduce heat; simmer chili (should be steaming but not boiling) for 30 - 40 minutes, stirring occasionally.

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

Serve with whole-wheat bread or buns, and top with grated cheddar cheese if desired. Cool, then portion into small containers and freeze for a quick, healthy lunch or dinner another day.

This delicious and nutritious chili makes a ton! This recipe takes a little more chopping and a little longer to make, but you will have leftovers to freeze and use for many days ahead, when you are super busy.

- Budget-Friendly
- Freezable
- Gluten-Free
- High-fibre
- Iron-rich

Photo credit: Kimberly Green, RD