



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
- 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

INSTRUCTIONS

- 01** 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 min).
- 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.