



FAVORITE TURKEY CHILI

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INGREDIENTS:

- 1 TBS OLIVE OIL
- 6 STEW TOMATOES DICED
- 2 CLOVES MINCE GARLIC
- 1 RED PEPPER DICED
- 1 YELLOW PEPPER DICED
- 1 BELL PEPPER DICED
- 1 ONION DICED
- 1 POBLANO PEPPER CHOPPED
- 1 JALAPENO CHOPPED (OPTIONAL)
- 1LB GROUND TURKEY (LEAN)
- 2 TBS TOMATO PASTE
- 2 CANS REDUCED SODIUM BLACK BEANS (RINSED)
- 1 CUP WATER
- 3-4 TBS CHILI POWER
- 2 TBS GROUND CUMIN
- 1 TBS SEA SALT

DIRECTIONS:

- HEAT OLIVE OIL IN A SKILLET OR DUTCH OVEN WITH GARLIC, ONIONS, POBLANO AND JALAPEÑO (OPTIONAL). COOK UNTIL ONIONS ARE TRANSLUCENT (ABOUT 3 MINUTES)
- ADD IN TURKEY GROUND TURKEY AND COOK UNTIL NO LONGER PINK (ABOUT 5 MINUTES)
- DRAIN FAT AND ADD IN TOMATOES, RED PEPPER, YELLOW PEPPER, BELL PEPPER, TOMATO PASTE, WATER, CUMIN, CHILI POWDER & SALT.
- LET SIMMER FOR 1 OR 2 HOURS FOR BEST FLAVOR