

California Turkey Chili

PREP TIME: 25 MIN

COOKING TIME: 25 MIN

SERVES: 8

This hearty one pot meal is full of protein, fiber & flavor. It's a great dish to either serve a crowd, cover several dinners, or freeze extra to help out those nights dinner plans have gone sideways!

Ingredients

1lb ground turkey, lean
1c onion, diced
1c green bell pepper, diced
1c red bell pepper, diced

1 can black beans, (15oz)
1 can kidney beans, (15oz)
1 can tomatoes, diced, (14.5oz)
8oz corn, frozen
1 c salsa

1 TBSP cumin
1 TBSP brown sugar
2 TBSP minced onion
1 tsp onion powder
1 tsp turmeric
½ tsp salt
½ tsp sugar
¼ tsp pepper

Extras:

avocado
cheddar cheese
cornbread

Directions

1. **Saute onion first, then peppers:** Heat oil in a LARGE soup pot. Over medium high heat, saute onion until softened, then add peppers.
2. **Brown meat:** Add ground turkey to the veggies and cook until there are no pink spots.
3. **Add everything else to the pot and simmer:** Add the beans, tomato, corn, salsa, and spices to the pot, stirring well until combined. Allow to heat through, until simmering.
4. **Cool & Eat:** Allow to cool slightly and serve warm.

Notes:

- It's fabulous over cornbread topped with graded cheddar cheese and avocado!

Enjoy!

