



Amazing Turkey Chili

Yield: About 6 servings

Ingredients

(I usually make one and a half times this recipe, a HUGE pot full so I have some to gift. Just sayin'...)

- 1 tablespoon extra virgin olive oil
- 2 pounds ground turkey, combo white and dark meat if you can find it although just ground breast works too
- 1 large coarsely chopped brown skinned onion (½-inch pieces)
- 2 tablespoons coarsely chopped fresh garlic
- 1 large sweet red pepper, cored, deveined and coarsely chopped the same size as the onion
- 1 cup chopped celery (I also chop some of the celery leaves)
- 1 cup cubed peeled butternut squash, ½ inch
- 1 cup fresh or frozen corn kernels
- 2 carrots peeled and thinly sliced
- 1 jalapeño pepper, cored, deveined and finely chopped
- 1 tablespoon dried basil
- ½ tsp cinnamon
- ½ tsp dried cocoa powder
- 1 Tbsp dark brown sugar
- 2 dried bay leaves
- 3 Tbsp chili powder
- 2 tsp ground cumin
- 3 cups canned diced tomatoes
- 1 ½ cups chicken broth (I use Chicken Better Than Bouillon and make the broth)
- Salt and fresh black pepper
- 1 15-ounce can red kidney beans, drained and rinsed
- 1 15-ounce can white beans, drained and rinsed
- To garnish (pass separately) - shredded sharp cheddar cheese, plain Greek yogurt and sliced avocado

Instructions

Heat the oil over high in a large heavy soup pot and add the turkey meat. Cook until lightly browned, about 5-10 minutes, chopping down and stirring with the side of a heavy kitchen spoon to break up any lumps.

Add the onions, garlic, sweet pepper, celery, cinnamon, cocoa, brown sugar, squash, corn, carrots, jalapeño, oregano, bay leaves, chili powder and cumin. Stir to blend well. Cook for 5 minutes.

Add the tomatoes, chicken broth, salt and pepper to taste. Bring to a boil, reduce heat and simmer, stirring occasionally, for 15 minutes. Remove bay leaves.

Add the drained beans and cook, stirring occasionally, for 10 minutes longer. Serve in bowls with Cheddar, and sour cream or Greek Yogurt on the side, if desired. Accompany with corn bread and honey.