

EASY 30 MINUTE TURKEY CHILI

- **Yield:** serves 8
- **Prep Time:** about 10 minutes
- **Cook Time:** about 20 to 25 minutes
- **Total Time:** about 30 to 35 minutes

- 4 tablespoons olive oil, divided
- 2 pounds ground turkey (I used extra lean)
- 1 medium/large sweet Vidalia onion, diced small
- 1 medium/large red bell pepper, diced small
- 3 to 5 garlic cloves, finely pressed or minced
- 2 to 3 teaspoons kosher salt, or to taste* (see Note below)
- 1 teaspoon freshly ground black pepper, or to taste
- one 15.5-ounce can red kidney beans (I used low-salt), drained and rinsed if desired
- one 15-ounce can black beans (I used no-salt added), drained and rinsed if desired
- one 14.5-ounce can petite diced tomatoes (I used no-salt added)

- one 8-ounce can tomato sauce, plus 8 ounces water used to rinse out can (I used no-salt added)
- about 8 ounces water, chicken or vegetable broth, optional (see step 5 below)
- two 4-ounce cans diced green chilis (I used fire-roasted)
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons smoked paprika (regular paprika may be substituted)
- 2 to 4 bay leaves
- 1 to 2 teaspoons granulated sugar, optional and to taste

1. Add sour cream, green onions, shredded cheese, crushed tortilla chips or crackers; all optional for garnishing To a large Dutch oven, add 2 tablespoons olive oil, turkey, and cook over medium-high heat to brown, crumbling it with a spatula as it cooks and tossing it to ensure even cooking.
2. Cook through, about 5 minutes or as necessary. Add the onions, red pepper, drizzle remaining 2 tablespoons over the top, stir, and cook for about 5 to 7 minutes, or until vegetables have softened, stir intermittently.
3. Add the garlic, salt (Note because I used all low-salt or no-salt added products I use 3 teaspoons salt total; if you're using salted versions of the other ingredients reduce salt level to 1/2 to 1 teaspoon to start with and add more if necessary), pepper, and cook for about 1 minute, stir intermittently.
4. Add the beans, diced tomatoes, tomato sauce, rinse can out with 8 ounces water and add the water, green chilis, cumin, chili powder, smoked paprika, bay leaves, and stir.
5. Depending on how thick you like your chili and if you prefer more broth, you may wish to add up to 8 additional ounces water, chicken or vegetable broth. Bring to boil and cook for about 10 to 15 or until chili has reduced and thickened some.
6. Stir, taste, optionally add sugar to taste (I added 2 teaspoons because the sugar balances the acid from the tomatoes and peppers), and add more salt, pepper, or seasonings to taste. Remove bay leaves. Ladle into bowls and optionally garnish with sour cream, green onions, shredded cheese, crushed tortilla chips or crackers. Chili will keep airtight in the fridge for up to 5 days and in the freezer for up to 4 months. The flavors meld and marry and I think it tastes even better a day or two later.