TURKEY CHILI

IMAGE & RECIPE BY: AMBITIOUSKITCHEN.COM

Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 lb ground turkey or chicken
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1 can (28 oz) diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 cans (15 oz) dark red kidney beans, rinsed and drained
- 1 can (15 oz) sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Directions

Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauce for 5-7 minutes, stirring often.

Add in ground turkey or chicken and break up the meat, cooking until no longer pink. Next, add in all seasonings; stir for 20 seconds.

Add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as needed.

Top with toppings as desired.

Note: Can use one packet of low sodium chili seasoning instead of measuring out the different seasonings.

PREPARATION: 10MIN
COOKING: 45MIN
READY IN: 55MIN