

Turkey Chili



1 teaspoon olive oil
1½ lbs raw 93% lean ground turkey
1 medium onion, chopped
1 medium green pepper, chopped
3 cloves garlic, finely chopped
1½ teaspoon ground cumin
1 tablespoon chili powder
½ teaspoon sea salt
¼ cayenne pepper (optional)
2 15-oz cans black beans or pinto beans, drained and rinsed
1 15-oz can all natural diced tomatoes
12 fresh cilantro sprigs, chopped (optional)

Heat oil in large saucepan over medium high heat. Add turkey, onion, green pepper and garlic. Cook, stirring occasionally, for 5 to 8 minutes or until turkey is no longer pink.

Add cumin, chili powder and cayenne pepper. Cook, stirring constantly for 1 minute.

Add beans and tomatoes (with liquid). Bring to boil. Reduce heat to low. Gently boil, stirring occasionally for 15 to 20 minutes or until thickened.

Serve warm, sprinkled with cilantro.

Recipe submitted by
Holly Hopkins

Major Accounts Development Specialist



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