



PLATES & PALATES
PERSONAL CHEF SERVICE

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Chef Bill's Turkey Chili Recipe

Ingredients:

1 package Jennie-O Turkey Store® Lean Ground Turkey
1 teaspoon canola or olive oil
1 small onion, chopped
2 celery stalks, chopped
1 medium bell pepper, seeded and chopped
3 (15 oz.) cans dark red kidney beans, rinsed and drained
3 (14.5 oz.) cans stewed tomatoes, low-sodium, with juice
1 cup water
2 ½ tablespoons chili powder
1 ½ teaspoon cumin, ground
1 teaspoon Mexican Oregano, dried
1 teaspoon Ancho Chile Powder, ground (cayenne pepper if you like it spicier)
½ cup red wine

Directions:

Heat a large stockpot over medium-high heat. Add ground turkey and cook, occasionally stirring, until browned. Remove turkey to a bowl.

Place same pot over medium heat and add the oil. After oil is heated, about 1 minute, add the onion, celery, and bell pepper. Sauté vegetables until softened and onions are translucent; about 8 minutes (reduce heat if vegetables begin to brown).

Add the browned turkey and the remaining ingredients, except for the red wine, and bring to a boil. After 5 minutes at a boil reduce heat to a simmer and continue cooking for 30 minutes, stirring occasionally.

Add red wine and stir well. Continue simmering for another 25 minutes.
Serve with Baked tortilla chips.

Yield:

8 servings / 2 cups each

Nutrition Information:

Calories: 316
Total Fat: 6.5 g
Saturated Fat: 1.5 g
Cholesterol: 51 mg
Sodium: 715 mg
Carbohydrates: 39 g
Protein: 25 g
Fiber: 3 g

If you have any questions about this recipe or cooking questions feel free to call me @ 586-770-3887 or email me at chefbill@platesandpalates.com