

Turkey Chili

Ingredients

- 1 $\frac{5}{8}$ teaspoon coconut oil
- 1 $\frac{1}{8}$ -pound ground turkey
- 1 $\frac{1}{8}$ garlic chopped
- 3 $\frac{3}{4}$ ounces-weight yellow onion diced
- 3 $\frac{3}{4}$ ounces-weight green peppers diced
- 1 $\frac{5}{8}$ teaspoon jalapeno peppers chopped
- 4 $\frac{1}{4}$ ounces-weight crushed tomatoes canned (no salt added)
- 1 $\frac{5}{8}$ pound diced tomatoes canned (no salt added)
- 9 ounces-weight black beans canned, rinsed and drained
- 2 $\frac{1}{8}$ teaspoon chili powder
- 2 $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon cayenne pepper
- 2 cups water
- 1 $\frac{5}{8}$ teaspoon chili sauce, Sriracha Hot
- 1 $\frac{5}{8}$ teaspoon oregano, fresh
- 1 $\frac{2}{3}$ tablespoon cilantro, fresh



Makes 9 servings

Prep time: 15 minutes

Cook time: 1 hour, 30 minutes

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Preparation

Heat a large stock pot or kettle over medium heat. Add oil, turkey, garlic, onions, green and jalapeno peppers. Cook for 5-7 minutes or until turkey and vegetables are lightly browned. Stir in crushed and diced tomatoes, beans, chili powder, cumin, black and cayenne peppers. Add water. Stir to combine, and bring to a boil. Reduce heat and simmer for 1 to 1 hour and 15 minutes or until chili is slightly thickened. Finish with Sriracha, oregano, and lime juice. Stir to combine.

Recipe: Sodexo