

Turkey Chili

American

A hearty, savory chili. Serve with cauliflower rice.

Ingredients:

- * 1 1/2 pounds 93% lean ground turkey
- * 1 medium White onion, diced
- * 2 each Garlic cloves, minced
- * 3 cans (15 oz each) Chili beans (Lightly drained)
- * 1 can (15 oz) Seasoned black beans (Drained and rinsed)
- * 2 cans (14.5 oz each) Diced tomatoes (no salt added)
- * 1 can (15 oz) Tomato sauce
- * 1 tablespoon Worcestershire sauce
- * 2 tablespoons Chili powder
- * 1 tablespoon Ground cumin
- * 1 teaspoon Dried oregano
- * Kosher salt (To taste)
- * Black pepper (To taste)
- * 1 teaspoon Olive oil or cooking spray (For sautéing)



Instructions:

1. Heat olive oil or cooking spray in a large pot over medium heat.
2. Add diced white onion with a pinch of salt. Sauté 5–7 minutes until soft and lightly golden.
3. Add garlic and cook 30 seconds until fragrant.
4. Add ground turkey and cook until browned, breaking it up as it cooks.
5. Stir in chili powder, cumin, oregano, black pepper, and Worcestershire sauce. Cook 1 minute to bloom spices.
6. Add chili beans, black beans, diced tomatoes, and tomato sauce. Stir to combine.
7. Bring to a gentle simmer. Reduce heat and simmer uncovered for 30–45 minutes, stirring occasionally.
8. Taste and adjust salt and seasoning. Add a splash of water or broth if chili becomes too thick.

Servings: 10 | Serving size: 1 1/2 cups | Calories: 325 | Protein: 24g