

Turkey Chili with All the Toppings

Serves 4 - 6

Winter weather calls for hearty, comforting meals, and this Turkey Chili is just that! Made with lean ground turkey, pinto beans, peppers, tomatoes, and a perfect blend of spices, it's packed with flavor, protein, and warmth in every bite!

Ingredients:

1 tablespoon olive oil	1 can (14.5 oz) diced tomatoes
1 small onion, diced	1 can (15 oz) tomato sauce
3 cloves garlic, minced	2 tablespoons tomato paste
1 lb ground turkey	2 cans (15 oz) pinto beans, drained and rinsed
1 bell pepper, diced (any color)	1 tablespoon Worcestershire sauce
1 can diced green chiles (mild)	1-1/2 cups chicken broth
1 tablespoon chili powder	
1 tablespoon brown sugar	
1 teaspoon ground cumin	
1 teaspoon smoked paprika	
1/2 teaspoon oregano	
1/2 teaspoon salt	
1/4 teaspoon black pepper	
1/4 teaspoon cayenne pepper	

OPTIONAL TOPPINGS:

Avocado
Fritos or corn chips
Shredded cheddar cheese
Sour cream
Green onions
Cilantro, chopped

Directions:

1. In a large Dutch oven or soup pot, heat the olive oil. Add the diced onion and cook for 4-5 minutes until softened. Stir in the garlic and cook for another 30 seconds until fragrant.
2. Add the ground turkey and cook until browned, breaking it up with a spatula as it cooks.
3. Stir in the diced bell pepper and green chilies. Cook for a few minutes until the pepper softens.
4. Season the mixture with the chili powder, brown sugar, cumin, smoked paprika, oregano, salt, black pepper, and cayenne.
5. Add the diced tomatoes, tomato sauce, tomato paste, pinto beans, Worcestershire sauce, and chicken broth.
6. Bring the chili to a boil, then reduce heat to low and let it simmer covered for 40-45 minutes, stirring occasionally. If it thickens too much, add a splash more of chicken broth.
7. Taste and adjust. Add more salt or spices as needed.
8. Serve hot bowls of chili with an array of toppings like avocado, Fritos or corn chips, shredded cheese, sour cream, sliced green onions, and chopped cilantro. Enjoy!