



www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com

Turkey Chili

INGREDIENTS

2 teaspoons olive oil
1 yellow onion, chopped
3 garlic cloves, minced
3 medium peppers, chopped
2 containers of extra lean ground turkey or chicken (99%)
1 ½ packages of @sietefoods taco seasoning or spicy chili seasoning
1 teaspoon salt, plus more to taste
1 can of organic diced tomatoes or crushed tomatoes
1 can of Rao's tomato sauce.
1 ¼ cups vegetable broth
1 (15 oz) can of dark red kidney beans, rinsed and drained
1 (15 oz) can of black beans, rinsed and drained
1 (15 oz) can of garbanzo beans, rinsed and drained
1 lemon, juiced
1 fresh jalapeño chopped (optional)
10 pickled jalapeños chopped (optional)
3 tablespoons of your favorite hot sauce

PREPARATION

- 1 Place olive oil in a large pot and place over medium high heat. Add in onion, garlic and peppers and sauté until lightly browned. Add in chopped fresh jalapeños.
- 2 Add in ground turkey and 1 ½ packages of chili/taco seasoning and salt. Add in ½ of the juiced lemon. Cook until no longer pink. Stir.

3 Mix in the diced tomatoes, vegetable broth, can of Rao's tomato sauce and beans. Bring to a boil. Reduce heat and simmer for 45 minutes. Add in additional ½ of the lemon juice and hot sauce. Let simmer for additional 15 mins or until chili thickens. Taste and add in salt to liking.

4 Enjoy and garnish! Freeze the leftovers for an easy meal. Note: Add in anything additional vegetables you like. Spinach, mushrooms, cauliflower rice are all amazing and tasty additions.

www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com