

Turkey Chili
By: Dottie Baltz

Makes 6 Servings

1 pound lean ground turkey
1/2 cup onion, diced
1 tablespoon olive or canola oil
1 can (15 oz) turkey or chicken broth
1 can (15 oz) diced tomatoes with green chilies (with juice)
2 cans (15.5 oz) white beans (Cannellini or Great Northern), drained
2 tablespoons chili powder
1/2 tablespoon garlic powder
1/2 tablespoon cumin
1 teaspoon red pepper flakes
1 teaspoon smoked paprika
1 teaspoon black pepper
Salt to taste

Crumble and brown ground turkey in a large pot with the oil on medium heat, add onions halfway through and cook onions until they become translucent and turkey is no longer pink. Total cooking time is about 6-8 minutes.

Add remaining ingredients and bring to a boil over medium-high heat. Reduce heat, cover and simmer on medium-low heat for 1 hour or until beans are tender.

Variations:

A can of corn, drained could be used to add some more color as well as a can of black beans in place of one of the can of white beans. You can also add a small can of plain green chilies for some extra heat.

You can adjust the spices based on your heat loving preference. My husband likes foods very spicy and I like them more mild. The smoked paprika really adds a nice smoky flavor without being hot. If you like a smoky hot flavor, try ground chipotle. Start with a 1/4 teaspoon and work up from there...it's quite potent.

This is also a great slow cooker dish. Just brown the turkey with the onions first, then combine all ingredients in the slow cooker and cook on low heat for 6-8 hours.