

Turkey Chili



Ingredients

- 1 Green pepper
- 1 Chili Pepper (you pick heat)
- Chili Seasoning, 4 TBL oil
- 1 Sweet Onion
- 1 pound ground turkey
- Kidney Beans
- Tomato paste, puree, diced and crushed
- Garlic & Onion Powder
- S&P

Utensils

- Bowls
- Spoon
- Gloves
- Large Pot and pan
- Knife
- Cutting Board
- Can Opener



Recipe Instructions

Step 1: Prep Food

Cut peppers and onions into a small dice and put into small bowls. Rinse and open cans of tomatoes.

Large can of puree, dice and crush. Large beans. Small can paste.

Step 2: Season!

In a pan, heat oil and add onions, season with chili seasoning. Cook until translucent, add peppers one bowl at a time and add seasoning after each kind. Cook on low for about 10 minutes

Step 3: Sauce

In a large pot, add cans of different tomato and season in between. Add kidney beans and mix.

Add veggies from pan.

Leave oil and remnants and cook ground turkey in pan until fully cooked (no pink). Season

Step 4: Add turkey

Add turkey to pot, season with garlic, onion, salt and pepper.

Cook on low to medium heat, do not boil.

Step 5: Taste

Taste after 30 minutes, season if needed, cook for minimum 2 hours.

Add water if too thick.

Step 6: Enjoy!

Spoon and enjoy!
Great on its own or over rice or pasta!!



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Use gloves when multiple people are eating a no-bake item!

Oz- ounce

TBL- tablespoon

tsp- teaspoon