



TURKEY CHILI

- 2 Tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 3 stalks celery, chopped
- ½ red bell pepper, chopped
- 1 lb. raw lean ground turkey
- 1 cup carrot match sticks
- 1 (14 oz.) can diced tomatoes, undrained
- 2 (16 oz.) cans tomato sauce
- 1 (14 oz.) can red kidney beans, rinsed and drained
- 1 (14 oz.) can black beans, rinsed and drained
- 2 cups frozen corn, thawed
- 2-3 cups water
- 1 Tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon brown sugar
- 1-2 pinches red pepper flakes
- Black pepper to taste

Heat oil in a large stockpot. Add onion, garlic, celery and red pepper. Saute until tender (about 7 minutes).

Add juice from canned tomatoes if necessary to prevent vegetables from sticking.

Add turkey and brown about 10 minutes, until no longer pink.

Stir in remaining ingredients; bring to a boil, then reduce heat to low, cover, and simmer 30 minutes, stirring occasionally.

Makes at least 10 cups.

Serve with freshly made cornbread.

Recipe by:

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