

Simple Turkey Chili

This is a simple recipe for chili using ground turkey. It is very easy and really simplified for a fast and quick meal. So comforting!



I learned this recipe for turkey chili at a cooking class that I attended a while ago. It was a fun class we got to learn how to make this simple turkey chili, Caesar salad which I shared before and rice to go along with it. The recipe called for canned cannellini beans but I used the dry ones and cooked them from scratch.

Since I attended the class, I have made many times this simple chili, especially during cold season. Nothing like a hot and spicy bowl of chili to warm up the evening or day...

I know, the list of ingredients sound pretty scary, but trust me, once you have them all handy, to put together is just a piece of cake.

Ingredients:

- 1 cup dry navy bean, soaked overnight in water, cooked until soft with a couple of bay leaves.
- 2 ½ lbs ground turkey
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 jalapenos, minced
- 2 tablespoons garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons salt
- 1½ teaspoons cumin
- 1 teaspoon dried oregano
- ¼ teaspoon paprika
- 2 10 oz cans diced tomatoes
- 1 can corn
- 3 cup chicken broth
- 2 4 oz cans green chiles, chopped with liquid
- ¼ heavy cream or sour cream, optional
- 1 small bunch fresh cilantro, finely chopped
- 3 to 4 tablespoons cornmeal or masa



Method:

Over medium heat high heat in a big saucepan, heat the oil. When hot, add the onions, garlic and jalapenos and cook about 2 minutes until tender.

Add in the ground turkey, chili powder, salt, cumin, oregano and paprika mixing thoroughly making sure to break up the clumps of meat. Cook for another 5 to 7 minutes until the meat is cooked completely.

Add the chicken broth, canned tomatoes and green chiles. Mix in then reduce the temperature to a simmer and cook uncovered to about 45 minutes.

Add in the beans and corn and bring to boil. Add the cornmeal or masa until the desired thickness.

Serve hot by topping with heavy cream or sour cream and cilantro.





If you like this simple chili recipe, you might want to check on the other Soups Recipes.



Did you know that chili pepper contain capsaicin, a substance that stimulates secretions that help clear mucus from stuffed up nose or congested lungs? Due to its intense red color, chili peppers are rich in vitamin A.

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