



Turkey Chili

Instructions:

Heat the oil on medium heat and add the turkey. Stir often - breaking into bits until browned.

Add the other ingredients and add just enough water to cover the ingredients.

Cover the pot and allow to simmer for 3 to 4 hours, stirring occasionally.

Two 16 oz. bowls count as a one pot dinner

Prep Time:

15 minutes

Cook Time:

4 hours

Ingredients:

1 1/2 lbs. ground white
meat turkey or chicken

5 plum tomatoes - chopped

1 green pepper - chopped
finely

1/2 red pepper - chopped
finely

1/2 orange pepper -
chopped finely

1 small onion - chopped

1/2 of a 28 oz. can black
beans - drained

1/2 tsp. cumin

1/2 TBSP. paprika

1 TBSP. chili powder

1 cube crushed garlic

1/2 TBSP. oil

salt & pepper to taste