



Black Bean Turkey Chili

SERVINGS:

6

TOTAL TIME:

1 hour

INGREDIENTS:

- 3 tablespoons extra virgin olive oil
- 1 medium onion, chopped (about 1 cup)
- 1 carrot, chopped (about 1/2 cup)
- 2 to 3 red bell peppers, chopped (about 2 cups)
- Salt
- 2 cloves garlic, minced (about 2 teaspoons)
- 2 tablespoons chili powder (more to taste)
- 1 teaspoon ground cumin
- 1 pound ground turkey
- 3 cups chicken stock
- 1 teaspoon dried oregano
- 1 bay leaf
- 1 tablespoon tomato paste
- 1 tablespoon cider or white vinegar
- 2 (15-ounce) cans black beans, drained
- Freshly ground black pepper

DIRECTIONS:

1. Sauté carrots, onions, bell peppers: Heat the oil in a large, thick bottomed pot (6- to 8-quart) on medium heat. Add the chopped onion, carrot, and bell peppers, and sprinkle with salt. Cook until softened, 6 to 8 minutes.
2. Add the minced garlic, chili powder, and cumin and cook for a minute more.
3. Add the ground turkey and break it up with a wooden spoon. Increase the heat to medium high. Stir and cook until the turkey is no longer pink, about 5 minutes.
4. Add the chicken stock, oregano, bay leaf, vinegar, and tomato paste. Use a straight edge spatula or wooden spoon to scrape up any browned bits from the bottom of the pan.
5. Simmer the chili: Add the black beans. Bring the chili to a boil, lower to a simmer. Cover and cook for half an hour. Uncover and cook for another half hour, or until the the liquid thickens.
6. Serve: Remove the bay leaf. Taste the chili and adjust seasonings, adding salt and pepper to taste. Serve with rice or heated corn tortillas.

NOTES:

This recipe produces a mildly spicy chili. You can easily add more chili powder or some cayenne to intensify the spice level if you wish. You can also add chipotle chili powder or chipotle Tabasco to give a smoky note to the chili.