

## *Idiot's Kitchen Recipe – Turkey Chili*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

Olive oil

1 large onion – chopped

2 red bell peppers – chopped

6 cloves garlic – chopped

1 package extra lean, white meat ground turkey (about 1 ¼ pounds)

3-4 Tablespoons chili powder (more to taste)

1 Tablespoon ground cumin

1 Tablespoon dried oregano

1 (14 oz) can pinto beans – drained

1 (14 oz) can red beans – drained

1 (14 oz) can Great Northern (white) beans – drained

1 (14 oz) can black beans – drained and lightly rinsed

1 28-oz can + 1 14 oz can diced tomatoes and juices

4 cups chicken broth (low sodium)

1 square semi-sweet chocolate chopped.

Salt & Pepper

Optional – Chipotle Chili Powder, Red Pepper Flakes

Pour about 3 Tablespoons of olive oil in a large pot to cover the bottom. Sauté onion, peppers and garlic over medium high heat until tender but not browned – about 5-10 minutes. Make a well in the center of the veggies and add the ground turkey. Cook until no longer pink – about 5 minutes.

Add drained beans and diced tomatoes with their juices. Add 4 cups of low sodium chicken broth.

Chop 1 square of semi-sweet chocolate or use approximately ¼ cup of chocolate chips. Add to the pot and stir to melt.

Season with Chili Powder, Cumin and Oregano. Salt and pepper to taste. For more heat add some dried red pepper flakes and/or chipotle chili powder.

Bring to a boil then reduce heat to low and simmer for 1 – 2 hours.

Serve topped with grated cheddar cheese, sour cream and cornbread muffins.