

Handy-Dandy Shopping List – Turkey Chili

Recipe from www.idiotskitchen.com



Olive oil

1 large onion

2 red bell peppers

6 cloves garlic

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

chili powder

ground cumin

dried oregano

1 (14 oz) can pinto beans

1 (14 oz) can red beans (NOT with chili sauce)

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

1 (14 oz) can black beans (NOT with seasoned sauce)

1 28-oz can diced tomatoes

1 14 oz can diced tomatoes

4 cups chicken broth (low sodium)

1 square semi-sweet chocolate or ¼ cup semi-sweet chocolate chips

Salt & Pepper

Optional – Chipotle Chili Powder, Red Pepper Flakes (not pictured)