



The **ingles** Table

with David Orozco
TURKEY CHILI

Shopping List

- 1 pound ground turkey breast
- 2 teaspoons olive oil or vegetable oil
- 1/2 onion, chopped
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- 2 tablespoons of chili powder
- 1 tablespoon of ground cumin
- 1 teaspoon of dried oregano
- 1 28oz can of crushed tomatoes
- 2 cups of reduced-sodium chicken broth
- 1 8oz can of tomato sauce
- 2 15oz can of red kidney beans, drained
- 1/3 cup chopped fresh cilantro
- 1/2 cup low-fat plain Greek yogurt (garnish)
- 1/2 cup of chopped green onions (garnish)

Cooking Instructions

1. Brown 1 lb lean ground turkey and set to the side
2. Combine 2 tbsp olive oil, celery, onions and garlic into a hot pan and cook until soft
3. Add the turkey and stir
4. Incorporate 2 cups chicken stock
5. Add chilli powder, cumin and oregano
6. Combine 1 can crushed tomatoes and 1 can tomato sauce
7. Add 2 cans red kidney beans
8. Cover and simmer 30-60 mins

