

HEARTY TURKEY CHILI

PRE-TEEN/TEEN: AGES 10+



INGREDIENTS

- 1 pound ground turkey
- 1 T olive oil
- 1 cup of chopped onions
- 3 garlic cloves, grated or minced
- ½ cup chopped bell pepper (green, red, or orange)
- 2- 15 oz cans kidney beans, drained and rinsed
- 1- 28oz can of crushed tomatoes
- 2 T chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon black pepper
- Salt and pepper

DIRECTIONS

1. In a large pot or dutch oven, heat oil until it shimmers. Add the onions and peppers and saute until tender then add the garlic, chili powder, cumin and coriander. Saute for 1 minute.
2. Add the remaining ingredients, stir to combine. Bring to a boil then reduce the heat to a simmer and simmer for 20 minutes. Serve as is or add diced avocado, shredded cheese and crushed tortilla chips.

EQUIPMENT

1. Large pot or dutch oven
2. Wooden spoon
3. Measuring Spoons/Cups
4. Chef Knife
5. Cutting Board
6. Spoons
7. Can opener
8. Bowl and spoon for serving

