

# 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

