

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Colorful Turkey Chili

From www.wholefoodsmarket.com

Serves 4-6

1 Tbsp olive oil
1 pound ground all-natural turkey breast or thigh
1 medium red onion, chopped
1 medium green pepper, chopped
1 can (28 ounce) diced tomatoes
1 cup (8 ounces) marinara sauce from a jar
2 tsp chili powder
1-2 tsp sea salt
1/8 tsp cayenne red pepper
1/8 tsp paprika
Hot sauce, to taste
1 can (15 ounce) white kidney beans (cannellini beans), drained and rinsed
1 can (15 ounce) red kidney beans, drained and rinsed

1. In a large saucepan, heat olive oil over medium-high heat. Add ground turkey, onion and peppers, stirring often until meat is cooked and onion is tender, about 7-10 minutes.
2. Stir in diced tomatoes, marinara sauce, spices, and hot sauce. Bring to a simmer. Cover and cook for 30 minutes to 1 hour, stirring occasionally. Stir in the beans and cook another five minutes to heat thoroughly.
3. Serve with toppings of your choice.