

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Contest Winning Mexican Turkey Chili

From Dierbergs *Everybody Cooks Magazine*

½ pound ground turkey (or ground beef)
½ pound chorizo sausage
2 Tbsp cornmeal
6 Tbsp chili powder
1 tsp salt
1 tsp dried oregano
1 tsp paprika
1 tsp ground cumin
½ tsp turmeric
¼ tsp cayenne pepper
2 bell peppers, seeded and chopped
1 red onion, chopped
2 celery ribs, chopped
1 jalapeno pepper
1 can kidney beans, rinsed and drained (optional)
1 can black beans, rinsed and drained (optional)
1 can (46 oz) tomato juice
¼ cup chopped fresh cilantro (optional)

1. In a large skillet, cook turkey and chorizo over medium heat stirring often to break into small pieces until no longer pink. Stir in cornmeal and spices. Add bell peppers, onion, celery, and garlic; cook stirring often until tender.
2. **To determine the amount of kick:** For least amount of heat, cut slit in jalapeno and add to chili (remove before serving). For a bit of kick, add half of a diced jalapeno to chili. For chili with a lot of kick, dice entire jalapeno and add to chili.
3. Add beans and tomato juice; simmer stirring occasionally for 20 minutes. Taste and season with additional salt and/or jalapeno as needed. Cook an additional 10 to 15 minutes. Stir in cilantro, if using. Serve with desired toppings.