

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Turkey and Bean Chili

Originally from Everyday Food magazine

You can substitute an equal amount of lean ground beef for the turkey. Other types of beans, such as black or kidney beans, can be used instead of pinto beans.

This recipe was a favorite with the grown-ups, and kids, in our family.

Serves 8

4 strips bacon, cut into 1/2 -inch pieces (Look for nitrate/nitrite-free bacon at Health Food stores, or the freezer section in the Natural Food aisle of your local grocery store)

3 pounds ground dark-meat (1% fat) turkey (Look for free-range ground turkey in the freezer section of the Natural Food aisle at Dierberg's)

2 cups chopped onions

1/4 cup minced garlic cloves

2 medium fresh jalapeno chiles (ribs and seeds removed for less heat, if desired), minced

3 tablespoons chili powder

3 tablespoons unsweetened cocoa powder

4 teaspoons ground cumin

2 cans (28 ounces each) whole tomatoes in puree

2 tablespoons unsulfured molasses

Coarse salt

2 cans (15.5 ounces each) pinto beans, drained and rinsed

Assorted toppings for serving, such as shredded cheddar cheese, sliced pickled jalapenos, crumbled cornbread, sour cream, or chopped onion

1. Heat a Dutch oven (or other heavy 5-quart pot) over medium heat. Add bacon; cook until crisp and brown, 6 to 8 minutes. Raise heat to high; add turkey. Cook, stirring and breaking up meat with a spoon, until no longer pink, 8 to 10 minutes.
2. Add onion, garlic and jalapeno; cook until soft, stirring often, about 5 minutes. Stir in chili powder, cocoa powder, and cumin; cook, stirring until fragrant, 1 minute.
3. Break up tomatoes with a spoon or your hands, and stir them in along with the puree. Add molasses, 1 cup water, and 4 teaspoons salt; bring to a boil. Reduce heat to a simmer; cook partially covered, 30 minutes.
4. Add beans; continue cooking, uncovered, until meat and beans are very tender, and chili is thick, about 30 minutes more. Serve with toppings.