

Turkey Chili

Recipe courtesy of *Diane Henderiks*

momlogic.com

Ingredients:

½ cup olive oil

1/4 cup minced garlic

1 1/2 cup diced yellow onion

2 jalapeño peppers, seeded and minced

1 tbsp. freshly ground black pepper

1 tbsp. cumin

2 tbsp. oregano

1 tbsp. DITK™ FIERY SPICE

¼ cup chili powder

1lb. ground turkey

1 cup tomato paste

1 cup diced red bell pepper

1 cup diced celery

3 cups cooked kidney beans

¼ cup balsamic vinegar

½ cup natural peanut butter

¼ cup cocoa powder

3 cups canned diced or chopped peeled tomatoes with liquid

½ cup low sodium chicken broth

1 cup fresh cilantro, chopped

Salt and freshly ground pepper to taste

Turkey Chili

Recipe courtesy of *Diane Henderiks*

momlogic.com

Directions:

1. Heat oil in a large stock pot over high heat.
2. Add garlic, onion, jalapeño and all dried seasonings. Sauté until onions are translucent.
3. Add ground turkey and cook for about 5 minutes; breaking up with spoon while cooking.
4. Add tomato paste and mix it evenly through the onion mixture.
5. Add the peppers and celery. Cook for about 5 minutes.
6. Add remaining ingredients and bring mixture to a boil.
7. Reduce the heat and let simmer for about 30 minutes, stirring occasionally and adding chicken broth as needed for desired consistency.
8. Stir in the cilantro and season with salt and pepper to taste.
9. Enjoy!

SERVING SIZE: 1 ½ CUPS