

Turkey Chili

Serves Four



Ingredients

- 1 pound lean ground turkey
- 2 tablespoons olive oil
- 2 cups brown onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon chipotle chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon ancho chili powder
- 2 tablespoons tomato paste
- 1 can fire-roasted diced tomatoes
- 1 can black, pinto, kidney or cannellini beans (rinsed and drained)
- 1-quart chicken stock
- 2 tablespoons cornstarch dissolved in 2 tablespoons of water
- 1 cup fire-roasted corn (if desired)
- **For the top (if desired)**
- handful of fresh cilantro, chopped fine
- ½ cup sour cream or creme fraiche
- Shredded cheddar cheese

Steps

1. In a large pot begin browning turkey over medium-high heat. Once meat is cooked, take a clean paper towel and roll it around the pot (I use tongs) to absorb any liquid fat in the pot. Discard the paper towel. Return the heat to medium-high and add the olive oil, onions and garlic. Saute until the onions are translucent making sure to continually stir the meat mixture scraping up the browned bits from the bottom and sides of the pot. Season with salt, pepper, cumin, chipotle powder and ancho chili powder.
2. Add the tomato paste, canned tomatoes (juice too), and beans. Scrape down the sides of the pot and the bottom loosening all the browned bits of goodness. Add the chicken stock and stir. Bring the mixture to a boil and add the cornstarch slurry. Let it boil for 4 minutes before reducing heat to a simmer. Continue cooking for 20 more minutes for flavors to develop and mixture to thicken up a bit. Add corn (if using) and stir heating it through. Serve hot with a dollop of sour cream, cilantro and cheese on top.