

Turkey Chili

This low fat, inexpensive and easy to prepare chili will certainly be a favourite with your kids. Enjoy it with shredded cheese on top and a cheese bun on the side.

Ingredients:

1 kg lean ground turkey
454 g mushrooms (finely diced)
1 medium sized onion (finely diced)
1 medium sized pepper (finely diced)
3 cloves garlic (finely diced)
796 ml can crushed tomatoes
796 ml can kidney beans (drained and rinsed)
398 ml beans in tomato sauce
540 ml diced tomatoes with spicy red peppers
156 ml tomato paste
50 ml or ¼ cup chili powder
5 ml black pepper
10 ml salt
5 ml sugar

Method:

Brown off turkey
In a food processor, use pulse mode to chop up vegetables
Sauté until most of the liquid has evaporated
Add spices
Add canned items
Simmer for 1 hour and serve with cheese buns