



Another staple in my recipe box is a simple and versatile chilli recipe that's packed with tons of flavour! A batch of chili can be used in so many ways; making it a great addition to a weekly menu plan. GET CREATIVE: spice up a plain bowl of pasta by adding a scoop of chili, make chili & cheese nachos, scramble some eggs, top with chili and put in a wrap for a twist on an egg burrito, make a sloppy joe, put it over spaghetti squash or a baked potato...the ideas are endless!!

SIMPLE TURKEY CHILI

Ingredients

1 pound lean ground turkey (or chicken, beef, pork)

1 medium onion, diced

1 tsp garlic powder

1 tsp dried oregano

1 tsp black pepper

1/2 tsp red pepper flakes

1 (28 oz) natural diced tomatoes

1 (15 oz) can kidney beans, drain*

1 (15 oz) can pinto, drain*

1 (6 oz) can natural tomato paste

1 clove garlic, minced

2 Tbsp. chili powder

Pepper to taste

Sea salt to taste

Substitute for chickpeas or black beans

Directions

Combine the turkey and next five ingredients into a bowl and mix. Cook turkey mixture in a skillet on medium heat, breaking up into small chunks, and cook until no longer pink. Drain off any fat and discard. Add cooked meat and all other ingredients to slow cooker, cook on low 8-10 hours. (4-6 quart slow cooker recommended)

Serves 6-8