

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

www.aspireperspirenourish.com

Turkey Chili

Serves 4

Ingredients:

500 g	ground turkey
2	carrots, chopped
1	onion, chopped
1	red pepper, chopped
1 tbsp	olive oil or coconut oil
3 cups	chicken stock (or more)
1/2 tsp	paprika
1/2 tsp	dried oregano
1 tsp	salt
1 can (19 oz)	white kidney beans, drained and rinsed

Directions:

1. Add 1/2 tablespoon oil to pot, and cook turkey until no longer pink. Set aside.
2. Add 1/2 tablespoon oil to pot. Sautè onions, carrots, red peppers until soft.
3. Add stock, paprika, oregano, salt, cooked turkey, white kidney beans to pot. Stir, bring to a boil then let simmer for about 1 hour (you may have to add more chicken stock).