

SMOKY TURKEY, BLACK BEAN & DARK CHOCOLATE CHILI



DIFFICULTY

EASY



TIME

20 MIN

cook time: 1:30 min



SERVES

6-8

INGREDIENTS

- 1 large Yellow Onion, diced (*about 2 cups*)
- 2 cloves Garlic, minced (*about 2 tsp.*)
- 1 tbsp. Cooking Oil (*i.e. Avocado Oil*)
- 3 tbsp. Chili Powder
- 1 tbsp. Cumin Powder
- 1 tsp. Coriander Powder
- ¼ tsp. Cinnamon
- ¼ tsp. Liquid Smoke (*optional*)
- ½-1 tsp. Chipotle Powder or 1 tbsp. Canned Chipotle Chilies in Adobo, minced
- 1 tbsp. Dark Cocoa Powder
- ½ tsp. Cinnamon
- 2 tsp. Dried Epazote or Oregano Leaves
- 1 lb. Ground Turkey
- 1 each 28 oz. cans of Diced Organic Tomatoes (*not drained*)
- 2 each 15 oz. cans of Black Beans, drained
- 1-2 tsp. Sea Salt, or to taste
- 1 tsp. Black Pepper
- 1 tbsp. Maple Syrup
- Garnishes: Chopped Cilantro, Sliced Green Onion

DIRECTIONS

1. Saute onions in oil (or use non stick pan) until soft—about 5-10 minutes. For a richer flavor; caramelize them by cooking an additional 10 minutes and stirring every minute so that they brown but don't burn. Add garlic and cook over medium heat for 2 minutes. Add turkey and brown. Deglaze with water if onions and garlic start to get too brown.
2. Add remaining ingredients and bring up to just below boil. Reduce heat to low and let simmer for two hours OR place in 350 degree oven with cover on pot and cook for 1.5 hours OR transfer mixture to crock pot and cook 2 hours

NUTRITION FACTS PER SERVING

Calories: 471 Fat: 10g Carbohydrates: 68g Protein: 32g



CALIFORNIA SCHOOLS
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