



## Turkey Chili

### INGREDIENTS

2 cups chopped onion  
4 cloves garlic, chopped fine  
1 cup green pepper, chopped  
1/4 cup olive oil  
2 (35 oz) cans tomatoes, crushed  
2 (15 oz) cans northern beans\*, drained  
2 Tablespoons tomato paste  
3/4 cup chicken or turkey stock  
2 Tablespoons chili powder (or up to 4 Tbsp if you like it really hot)  
1 Tablespoon ground cumin  
1 Tablespoon dried hot red pepper flakes  
1 teaspoon dried oregano  
1 Tablespoon salt, plus more if desired to taste  
1/2 teaspoon black pepper  
3 to 4 cups of shredded, cooked turkey meat  
Sugar (optional)

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1/8 cup flour mixed with 1/8 cup water

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Shredded cheddar cheese, chopped red onion, sour cream for optional garnish.

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## DIRECTIONS

- In a large, 8-quart, thick-bottom pot, cook the onion and green pepper over medium high heat, stirring, until golden, about 5 minutes. Add the garlic, chili powder, cumin, and red pepper flakes and cook, stirring, for a minute or two more. Add a bit more olive oil if needed.
- Add tomatoes, tomato paste, stock, beans, oregano, salt, pepper, and cooked turkey meat. Bring mixture to a simmer and reduce heat to low. Simmer, uncovered, for an hour.
- Salt to taste. Add 1 to 3 teaspoons of sugar to take the edge of the acidity of the tomatoes if desired.
- After about 30 minutes, mix some of the liquid from the chili to the flour/water mixture and mix until smooth. Slowly add to chili (to thicken).
- Serve with shredded cheddar cheese, chopped red onion, and or sour cream. Serve alone, over rice, or with corn bread. Makes about 12 cups. Serves 8. The chili may be made in advance and chilled for 2 days, or frozen for 2 months.

*\* Kidney beans can also be used.*

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