

TURKEY CHILI



SERVING SIZE

5



INGREDIENTS

ITEM

Olive Oil
Ground Turkey
Garlic Cloves, Minced
(1¾ Cups) Crushed Tomatoes
Water
Tomato Paste

QUANTITY

¼ Cup
1½ Lbs.
4
15 Oz.
1 Cup
6 Oz.

ITEM

Chili Powder
Ground Cumin
Salt
Onion Powder
Red Pepper Chili Flakes (More If You
Like It Spicy)
Medium Zucchini, Diced

QUANTITY

2 Tbsp.
2 Tsp.
1 Tsp.
1 Tsp.
1 Tsp.
1



PREPARATION

- Heat olive oil in a large pot over medium heat.
- Add ground turkey and cook 5-7 minutes, breaking it apart until no longer pink.
- Add minced garlic and cook for 1 minute until fragrant.
- Stir in crushed tomatoes, water, tomato paste, chili powder, cumin, salt, onion powder, and chili flakes.
- Add diced zucchini and mix well.
- Bring the chili to a simmer, then reduce heat to low. Cook uncovered for 20-25 minutes, stirring occasionally, until thick and flavorful.
- Taste and adjust seasoning. Serve warm.