



Turkey Chili

HEALTHY CHOICE MEAL KIT

SHOPPING

THE OPEN DOOR SEASONING KIT	<ul style="list-style-type: none"> 1 seasoning packet includes: 2 tsp. paprika, 2 tsp. ancho chili powder*, 2 tsp. ground cumin, 2 tsp. ground coriander, 2 tsp. garlic powder, and a pinch of cayenne. <p>*If no ancho chili powder is available, instead season with 2 tbsp. chili powder, 2 tsp. paprika, and a pinch of cayenne.</p>
PRODUCE	<ul style="list-style-type: none"> 1 large or 2 small onions (1 cup) 1 bell pepper 2 (14.5 oz) can diced tomatoes 1 (15 oz) low sodium can tomato or pasta sauce
PROTEIN AND DAIRY	<ul style="list-style-type: none"> 1 lb. ground turkey (may also use chicken or beef) 2 (15 oz) can beans (kidney, black, or pinto)
OPTIONAL TOPPINGS	Cheddar cheese, sour cream, plain yogurt, red or green onion, cilantro, etc.



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40 mins

Makes 6-8 servings

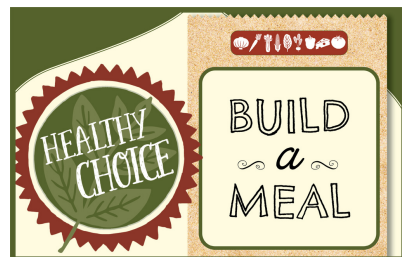
RECIPE

INGREDIENTS	<ul style="list-style-type: none"> 1 lb. Ground turkey 2 tbsp. Olive or vegetable oil 1 cup Onion, chopped 1 Bell pepper, chopped 2 cans Diced tomatoes (14.5 oz) 2 cans (15 oz) beans of choice 1 can Low sodium tomato/pasta sauce 1 Seasoning Packet* 1/2 tsp. Salt <p>* 2 tsp. paprika, 2 tsp. ancho chili powder*, 2 tsp. ground cumin, 2 tsp. ground coriander, 2 tsp. garlic powder, and a pinch of cayenne.</p>
INSTRUCTIONS	<ol style="list-style-type: none"> 1. Brown turkey on medium high in a medium saucepan until cooked through, 4-5 minutes. Drain fat. Set aside. 2. Heat oil on medium heat, add onion and pepper, stirring until onion is translucent. 3. Add remaining ingredients plus browned turkey and bring to a slow boil. 4. Cover, reduce heat to low, and simmer for 20 minutes. Cook an additional 5 minutes uncovered, stirring occasionally. 5. Add water or more tomato sauce if needed.

How did the recipe go? We want your feedback!



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Questions?

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