

TURKEY & SWEET POTATO CHILI

Recipe adapted from www.welcometothetable.coop



INGREDIENTS

- 2 Tbsp. safflower oil
- 1 lb. ground turkey
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 sweet potatoes, chopped into small pieces
- 2 cloves garlic, minced
- (1) 14.5-oz. can diced fire-roasted tomatoes, undrained
- 3 c. chicken broth
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 1/2 tsp. cayenne pepper
- 1/2 tsp. salt
- (1) 15-oz. can cannellini beans, drained and rinsed
- Additional salt and pepper to taste

DIRECTIONS

- 1** Heat oil in a large pot over medium-high heat. Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover.
- 2** Add onion and sauté until beginning to brown, approx. 15 minutes.
- 3** Add bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes. Add garlic and sauté for 1 minute, then repeat with spices. Return meat to pot.
- 4** Stir in tomatoes, broth, and salt. Bring to a boil, then reduce heat to medium-low and stir in beans. Cover and simmer until chili thickens slightly, about 30 minutes. Season with additional salt and pepper to taste.

SERVING SUGGESTION

Sweet potatoes are a tasty way to add important nutrients to your diet like vitamin A, fiber, and even protein. Substitute your favorite sausage or meatless alternative if you prefer. Have fun topping the chili; try a spoonful of plain yogurt, cilantro, diced avocado, or tortilla chips.