

Turkey Chili

(Makes 6-8 servings)

1 large chopped onion
2-3 Tbsp. extra virgin olive oil
1 lb. ground turkey
3 Tbsp. chili powder
6-oz. can tomato paste
3 1-lb. cans small red beans with liquid
1 cup frozen corn

1. Sauté onion in oil in skillet until transparent. Add turkey and brown lightly in skillet.
2. Combine all ingredients in slow cooker. Mix well.
3. Cover. Cook on Low 8-9 hours.

Note: Ground beef can be used in place of turkey

Variation: Serve over rice, topped with shredded cheddar cheese and sour cream.



1520 South 70th Street, Suite 101, Lincoln, NE 68506 www.mediterraneanharvest.com