

Turkey, Salsa & Black Bean Chili



TIME TO PREPARE

20 minutes



COOK TIME

45 minutes – 1 hour



SERVING

4-6 People



Ingredients

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 lb ground turkey
- 2 tbsp chili powder
- 2 tsp dried oregano
- 1 tsp ground cumin
- 1 jar (415 mL) medium or hot salsa
- 1 can (19 oz/540 mL) black beans, drained and rinsed
- 1 cup corn niblets, frozen or canned
- 1 can (28 oz/796 mL) whole plum tomatoes, diced
- Toppings: Light sour cream or yogurt, chopped cilantro,

Steps to Cook

1. In a large, deep skillet or Dutch oven, heat oil over medium-high heat. Add onion and garlic, and cook 2 to 3 minutes until onion is translucent. Add celery and carrots and cook 3 to 4 minutes longer. Add turkey, breaking up with a wooden spoon as it browns in the pan, cooking until it is no longer pink, about 5 minutes.
2. Stir in chili powder, oregano and cumin and cook 1 minute longer. Add salsa, black beans, corn and tomatoes. Cover and simmer over medium-low heat for 45 minutes to 1 hour, stirring occasionally.
3. Serve into bowls and garnish with toppings such as sour cream, cilantro, cheese, avocado and pumpkin seeds.

grated Cheddar or
Monterey Jack cheese,
sliced avocado, toasted
pumpkin seeds