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Turkey Chili

By Liz Barbour

Serves 8

1 Tbs olive oil
2 medium onions, medium dice
2 red peppers, diced
1 ½ tsp dried oregano
2 tsp ground cumin
½ tsp chili powder (add more if you like spicy)
1 ½ Tbs unsweetened cocoa powder
1 ½ tsp cinnamon
1 28-ounce can whole tomatoes
3 cups low sodium chicken or beef stock
1 8-ounce can tomato sauce
3 15-ounce cans small black or white beans, rinsed,
drained
4 cups cooked turkey breast, cubed
Kosher salt and freshly ground pepper to taste

Toppings:

Chopped red onion
Chopped fresh cilantro
Plain low-fat yogurt or light sour cream

1. Heat the oil and onions in a heavy-bottomed soup pot over low heat. Cook covered until the onions are soft, about 8-10 minutes.
2. Add oregano, cumin, chili powder, cocoa powder, and cinnamon; stir 1 minute.
3. Add tomatoes with their juices, breaking up with back of spoon. Mix in stock and tomato sauce. Bring to boil. Reduce heat; simmer 45 minutes, stirring occasionally.
4. Add beans to chili and simmer to allow flavors to blend, about 10 minutes. Ladle chili into bowls. Pass red onion, cilantro and yogurt separately.