



Turkey Chili

3 lb. ground turkey (ground beef)	1/4 cup chili powder
2 cans diced tomatoes	1 tsp. cumin
1/2 cup chicken stock	1 tsp. ground coriander
1/2 red pepper, seeded & diced	1 Tbsp. sea salt
1/2 green pepper, seeded & diced	1 Tbsp. sugar
1 large onion, peeled and diced	2 Tbsp. olive oil
1 can red beans, drained	1 tsp. crushed red pepper flakes (optional)
1 can black beans, drained	

In large skillet, brown turkey (or ground beef) over medium heat. Drain. Put into 6-quart pot.

In skillet, heat 2 Tbsp. olive oil, then add the onion, red pepper, and green pepper. Saute for about 3 minutes, or until they begin to get tender. Add to ground turkey.

Add the spices to turkey, mix well and cook for 1 minute.

Add remaining ingredients. Cook over low heat for about 20 minutes to allow flavors to combine. (add 1 tsp. cornstarch for thicker chili)

Top with sour cream, shredded cheese and green onions. (optional)