

SLOW COOKED ITALIAN CHILI WITH HOMEMADE TURKEY SAUSAGE



Homemade Turkey Sausage

Homemade Turkey Sausage*. Combine 1 pound lean ground **turkey** (no additives or natural flavors) with 1 tsp. rubbed **sage**, 1/2 teaspoon *each* **crushed garlic** and **pepper** and 1/8 teaspoon *each* **white pepper**, **cayenne pepper**, ground **allspice**, ground **cloves** and ground **nutmeg**.

*We recommend that you make a double or triple batch of this sausage and freeze in 1/2 pound amounts for future recipes. For sausage patties, grated apple may be added for flavor and moisture. Lean ground pork (additive free) may be substituted for some or all of the turkey.

*To be legal, dried navy beans must be soaked in water overnight, water discarded, then cooked according to package directions.

1 pound ground beef
1/2 pound homemade turkey sausage
(recipe above)
4 large tomatoes, diced
1 c. *each*; Campbell's original tomato
juice, chopped onions, red bell
pepper, water
1/2 c. chopped celery
1/4 c. homemade beef broth *or*
additional water
1 Tbs. paprika
1/2 tsp. cumin
1 tsp. *each*; dried oregano and basil

1/2 tsp. fennel seeds
1 tsp. *each*; honey & minced garlic
1/2 tsp. salt
2 c. cooked dried navy beans*
1 c. *each*; sliced mushrooms &
zucchini
3 Tbs. minced fresh parsley
shredded Monterey Jack cheese, opt.
(pre-grated cheeses contain starch)

In a large skillet, cook beef and
sausage over medium heat until no
longer pink. Meanwhile, in a 3-qt.

slow cooker, combine the tomatoes,
juice, onion, bell pepper, water, celery,
broth, paprika, cumin, oregano, basil,
fennel seeds, honey, garlic and salt.

Drain meat mixture; add to the slow
cooker. Cover and cook on low for 6
hours or until vegetables are tender.

Add the beans, mushrooms, zucchini
and parsley. Cover and cook on high
for 30 minutes or until vegetables are
tender. Serve with cheese if desired.