

# Terrific Turkey Chili

We're bringing you this delicious chili recipe from our March/April "I Want To THRIVE" magazine



Serves 6

- 1 pound lean ground turkey or chicken
- 1 c. chopped onion
- 1 c. chopped green pepper
- 2 tsp. minced garlic
- 8 medium tomatoes, chopped
- 2 c. cooked dried navy beans\*
- 2 c. Campbell's regular tomato juice
- 2-3 Anaheim chilies (or other fresh mild chili)\*\*
- 2 Tbs. honey
- 1 Tbs. dried parsley flakes
- 1 Tbs. ground cumin
- 3 tsp. paprika
- 2 tsp. dried oregano
- 1-1/2 tsp. pepper
- 1 tsp. salt



Preheat oven to 450 degrees. Remove stems, seeds and membranes from chilies and place, skin side up, on a cookie sheet covered with greased foil. Roast peppers until skins are beginning to blister and char, about 25 minutes. Remove from oven and roll up foil around chilies while they cool.

In a large saucepan, cook the turkey, onion, green pepper and garlic over medium heat until meat is no longer pink; drain.

Remove skins from cooled chilies, then chop. Stir in chilies and all other remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 25 minutes.

\*To prepare SCD legal beans, soak overnight. Discard water. Cover with water and cook according to package directions until skins begin to break. Omit beans if you have been on the diet for less than 6 months.

\*\* Wear gloves when cutting and handling hot chilies and do not touch your face.