

# Healthy Turkey Chili

yield: 8 SERVINGS (16 CUPS OF VERY THICK CHILI) prep time: 20 MINS

cook time: 55 MINS total time: 1 HR 15 MINS

*The BEST turkey chili! A thick, rich healthy turkey chili with just the right amount of spice. Award winning recipe that will be your new favorite!*



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## INGREDIENTS

### FOR THE HEALTHY TURKEY CHILI:

- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic — minced
- 2 medium onions — diced
- 2 bell peppers — any color, cored and chopped
- 2 large carrots — peeled and diced
- 2 stalks celery — diced
- 1 medium sweet potato — peeled and cubed (optional—I added it!)
- 2 pounds ground turkey — I used 93% lean\*
- 1 1/2-2 cups water — more as needed
- 1 can tomato sauce — (15 ounces)
- 1 can diced tomatoes in their juices — (14.5 ounces)
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon kosher sea salt
- 1/2 teaspoon freshly ground black pepper
- Pinch red pepper flakes

### OPTIONAL TOPPINGS:

- Sliced fresh avocado
- Thinly sliced jalapeño
- Shredded cheese
- Plain non-fat Greek yogurt — or sour cream
- Freshly chopped cilantro

## INSTRUCTIONS

1. Heat the oil in a Dutch oven or large soup pot over medium heat. Add the garlic, onions, bell peppers, carrots, celery, and sweet potato. Sauté for 5 to 7 minutes, until soft.
2. Add the turkey and cook until browned, 5 to 7 minutes, stirring often to break up the chunks.
3. Once the meat is browned, add 1 1/2 cups water, tomato sauce, diced tomatoes in their juices, chili powder, cumin, paprika, cayenne, salt, black pepper, and red pepper flakes. Bring to a boil, then reduce to a moderate bubble. Let cook, uncovered, until the chili thickens, about 45 minutes, stirring every so often so that the chili does not stick to the bottom. If the chili becomes too thick, add a little water to reach your desired consistency.
4. Toward the end of the cooking time, taste and adjust the seasonings as desired. Add more cayenne pepper for an extra kick and more salt and pepper as needed. Serve hot with desired toppings.

## RECIPE NOTES

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- Lexi's original version of the chili calls for slowly simmering it (in lieu of my "moderate bubble") on the stove for 3 hours, adding more water as needed. Since I started cooking the chili later in the day (ahem, I was running late), I cooked it more quickly, which you will see reflected in the recipe directions.
- Want to add beans? Lexi suggests adding 1 (15-ounce) can black beans and/or 1 (15-ounce) can kidney beans.
- Store leftover chili in the refrigerator for up to 1 week or freeze for 3 months.

Course: Main Course, Soup    Cuisine: American

Keyword: Easy Homemade Soup Recipe, Healthy Turkey Chili

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## NUTRITION INFORMATION

*Amount per serving (1 (of 8), about 2 cups) —* Calories: **227**, Fat: **10g**, Saturated Fat: **2g**, Cholesterol: **91mg**, Sodium: **741mg**, Carbohydrates: **14g**, Fiber: **4g**, Sugar: **4g**, Protein: **24g**

*Healthy Turkey Chili <https://www.wellplated.com/healthy-turkey-chili/>*