

Recipe Packet: SSF High School Capstone Project

Chef Terri's Turkey Chili

Serves 4-6

3 tablespoons olive oil
1 pound ground turkey meat
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ teaspoon cocoa powder
¼ teaspoon ground cinnamon
2 teaspoons chili powder
2 teaspoons ground cumin
1 teaspoon dried oregano
1 medium onion, diced
1 large carrot, peeled and diced
1 green bell pepper, diced (use 1 pasilla pepper, if you desire more heat)
1 chipotle pepper in adobo, from can
3 cloves garlic, peeled and smashed
1 vegetable bouillon cube
1 cup water
1 can black or pinto beans, drained and rinsed
1 can diced tomatoes, or 3 tomatoes, seeded and diced
1 cup frozen yellow corn kernels

Garnishes:

diced avocado
chopped cilantro
sliced scallions (green onions)
shredded cheese
sour cream

Heat a Dutch oven or large saucepan over medium-high heat and add the olive oil. Sauté the turkey until it is no longer pink. Add the salt, pepper and spices and sauté until the spices are fragrant. Add the onion, carrot, bell pepper and sauté for 30 seconds, then place the lid on the Dutch oven and lower the heat to medium to sweat the vegetables, about 7 minutes. Remove the lid and add the beans, tomatoes and corn and sauté for another minute.

In a blender, blend the chipotle pepper, garlic, bouillon cube and water until the mixture is smooth. Pour the mixture into the chili and stir to combine. Cover and let the chili simmer for 30 minutes on low heat stirring occasionally.

Evenly divide the chili among the serving bowls and garnish. Serve hot.