



Turkey and Bean Chili

Recipe Source: www.marthastewart.com

Serves 8-10

Ingredients:

- 2 slices bacon, cut into half-inch pieces
- 2 lbs ground turkey
- 4 cups chopped onions
- ¼ cup minced garlic cloves
- 2 medium fresh jalapeno peppers, minced (ribs and seeds removed for less heat, if desired)
- 3 Tbsp chili powder
- 3 Tbsp unsweetened cocoa powder
- 4 tsp ground cumin
- 2 (28 oz) cans no-salt-added whole tomatoes in puree, unsalted
- 2 Tbsp unsulfured molasses
- 1 tsp salt
- 3 (14.5 oz) cans low-sodium pinto beans, drained and rinsed
- Fresh cilantro leaves, for garnish

Steps:

- Heat a large heavy-bottomed pot over medium heat. Add bacon. Cook until crisp and brown, 6-8 minutes, stirring occasionally to prevent burning.
- Raise heat to high and add turkey. Cook, stirring, and breaking up meat with a spoon until cooked, 6-8 minutes. Drain in colander or on paper towels. Wipe out pot and return meat mixture to pot.
- Add onion, garlic, and jalapenos. Cook until soft, stirring often, about 5 minutes. Stir in chili powder, cocoa powder, and cumin. Cook, stirring, until fragrant, about 1 minute.
- Break up tomatoes with a spoon or your hands and stir them in, along with the puree. Add molasses, 1 cup water, and 1 tsp salt. Bring to a boil. Reduce heat to a simmer and cook, partially covered, about 30 minutes.
- Add beans, continue cooking, uncovered, until meat and beans are very tender and chili is thick, about 30 more minutes. Serve with cilantro garnish.

Tips from the Test Kitchen: Feel free to use black beans or a combination of black and pinto beans if you like. Diced red or green sweet pepper would be delicious added and sautéed with the onion mixture.

Nutritional Facts (per serving): Calories: 361, Carbohydrates: 40 grams, Protein: 30 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 72 mg, Sodium: 1012 mg, Fiber: 11 grams, Total Sugars: 10 grams.