



Turkey and Kale Chili

Serving:

4-6

Type:

meat

Author:

Robin Selden, Marcia Selden Catering and Event Planning, CT

Notes:

This chili is a super healthy choice for game day. It's hearty and filling and includes 4 cups of chopped kale. The kale naysayers will hardly notice, promise.

Ingredients:

4 tsp olive oil, divided

1lb ground turkey

2 tsp chile powder

1 tsp toasted fennel seeds

1 tsp each ground cumin

1/2 tsp kosher salt

1 medium sweet onion, chopped

4 cups chopped kale, stems removed

6 scallions, chopped

1 small jalapeño chile pepper, seeded and minced

4 cloves garlic, minced

2T flour

3 cups low-sodium chicken broth

1 15-oz can cannellini beans, drained and rinsed

Directions:

In a Dutch oven on medium-high, heat 2 tsp oil.

Add turkey, sprinkle with chile powder, fennel, cumin and salt. Cook, breaking up turkey with a spoon, until cooked through, about 7-8 minutes.

Stir in the flour and mix till incorporated. Transfer turkey mixture to a bowl and set aside.

In the same pot heat add remaining 2 tsp oil.

Add onion, kale, scallions, jalapeño and garlic and cook, stirring, until softened, 5-7 minutes.

Stir in turkey mixture, broth and beans. Bring to a simmer and cook, stirring, until heated through and slightly thickened, scraping up the

browned bits that stick to the bottom of the pan, using a wooden spoon.

Simmer for 30 minutes until the liquid has reduced by about half and the chili has thickened.

Tips:

Serve with any or all of these toppings on your chili bar:

dairy-free sour cream, shredded vegan cheese, sliced black olives, chopped tomatoes, thinly sliced jalapeno, chopped fresh cilantro or parsley, avocado slices or guacamole, crushed tortilla chips, salsa, crushed red pepper flakes