**Serves:**  1 **Cost:** $14.21 or $1.19/serving

Power Chili

**Instructions**

1. In the skillet, heat olive oil on medium setting. Add diced onion and minced garlic to the skillet and cook for 1-2 minutes. (Use a medium skillet if just cooking onion and garlic. A large skillet is needed if browning ground turkey.)
2. Add the ground turkey to the skillet and cook until it is browned, making sure to break it up as you cook it. *If using cooked, shredded turkey or chicken,* ***skip this step.***
3. Add the turkey and onion to the large pot. Add the remaining ingredients, plus 12 ounces of water and stir.
4. Cover with lid and cook on low for 1-3 hours. Stirring regularly. Add more or less seasoning as desired.
5. 15 minutes before before serving, stir in the entire bag of frozen vegetables. (This is the **power step**.) This step adds extra ***veggie power,*** cools the chili to an edible temperature, and makes the chili more colorful!

**Notes:**

* For cost savings, substitute 1 3/4 cups of beans if prepared from dried for one 15-oz can. Prepare dried beans 1-2 days ahead. Freeze extra beans for later use.
* Add shredded cheese for garnish and cilantro.
* Serve with cornbread.
* To simmer it all day in a crockpot, cut back to 3 cans of beans to fit your crockpot.

**Ingredients**

1 tbsp. olive or canola oil

1 large onion, chopped

4-6  cloves garlic, minced

\*1 lb. ground or shredded turkey

12 oz can tomato paste **\*\***

30 oz canned diced tomatoes **\*\***

1 (15-oz.) can black beans, rinsed and drained **\*\***

1 (15-oz.) can kidney beans, rinsed and drained **\*\***

1 (15-oz.) can pinto beans, rinsed and drained **\*\***

1 (15-oz.) can black-eyed peas, rinsed and drained **\*\***

2 tbsp. chili powder (or to taste)

2 tbsp. ground cumin (or to taste)

1 (16 oz) bag of frozen mixed vegetables

Fresh chopped cilantro, salt and ground black pepper to taste

**\*Optional – eliminate for vegan option**

***\*\*Available in low salt/no added salt***

**Materials**

Large 2 gallon pot

Medium or large skillet

Long-handled spoon

Large Knife

Cutting board

Can opener



