



3 – Bean Turkey Chili

Ingredients:

2 lbs. extra lean ground turkey
½ cup chopped onions
1 tbsp. garlic powder
2 – 4 oz. cans of diced green chilies
1 – 15 oz. can Organic Tri-Bean Blend (drained)
1 – 15 oz. can Organic Black Beans (drained)
2 – 14.5 oz. cans Organic Diced Tomatoes (do not drain)
1 tbsp. Xylitol Brown Sugar Blend (Ideal)
1 tbsp. chili powder
2 tbsp. white vinegar
3 tbsp. regular yellow mustard
2 tsp. cumin
1 tsp. salt
1 tbsp. dried or fresh cilantro
2 tsp. adobo sauce (optional)

Directions:

In a large pot add onions and meat, sprinkled with garlic powder and cook until no longer pink (drain using a plate, if desired).

Next add the green chilies, beans, tomatoes, xylitol and spices (except cilantro) and stir until combined.

Bring to a boil and then reduce heat to a simmer for about 10 minutes.

Finally, add cilantro. Serve hot.

May sprinkle veggie shreds or a light cheese on top.

Makes 10 servings.