

Turkey Chili

with Avocado & Cheddar

While chili-like recipes date back to the early 17th century, the true origins of this hearty stew are shrouded in mystery. In the U.S., for example, three distinct styles have evolved: Texas, Springfield, and Cincinnati. Since we love all three versions, we adopted elements from each and combined them into one comforting and soul-satisfying bowl that's perfect for any night of the week.



Ingredients

15 Ounce Can Kidney Beans
4 Cloves Garlic
2 Ounces Cheddar Cheese
2 Stalks Celery
1 Avocado
1 Lime
1 Bunch Cilantro
1 Jalapeño Pepper
1 Onion
10 Ounces Ground Turkey
14½ Ounce Can Diced Tomatoes
1 Tablespoon Smoked Chili Powder
2 Teaspoons Cumin

Makes 3 Servings
About 580 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Drain and rinse the kidney beans. Peel and mince the garlic. Grate the cheddar cheese. Small dice the celery. Pit, peel, and dice the avocado. Slice half the lime into rounds and squeeze the juice of half the lime over the avocado to prevent browning. Roughly chop the cilantro. Remove the ribs and seeds of the jalapeño and small dice the rest, washing your hands immediately afterward. Peel and small dice the onion.



Cook the turkey:

In a large pot, heat a little olive oil on medium-high until hot. Add the **ground turkey** and season with salt and pepper. Cook 2 to 4 minutes, or until lightly browned, breaking it up with a spoon.



Add the vegetables:

Add the **onion, celery, garlic, and jalapeño pepper**. Cook 4 to 6 minutes, or until softened, stirring occasionally.



Toast the spices & simmer the chili:

Add the **chili powder** and **cumin**; cook 1 to 2 minutes, stirring frequently to toast the spices. Stir in the **canned tomatoes, kidney beans**, and **½ cup of water**. Reduce the heat to medium and simmer 7 to 9 minutes, until thoroughly combined and slightly reduced in volume. Season with salt and pepper to taste.



Plate your dish:

Divide the chili between bowls. Garnish with the **grated cheddar cheese, cilantro, lime, and avocado**. Enjoy!