

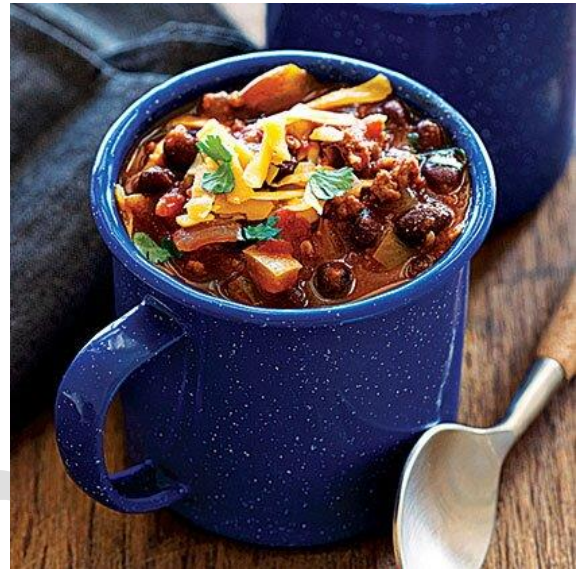
Black Bean Chili with Ground Turkey

Makes 6

This chili has lower fat from turkey and less gastric stress from black beans. I add dark brown sugar for extra warmth. If you don't have dark brown sugar, add 1 Tbsp. of molasses to 1/2 cup of light brown sugar.

Ingredients:

- 1 Tbsp. vegetable oil
- 1 onion
- 2 cloves garlic
- 1 lb. ground turkey
- 3 cans (15 oz.) black beans
- 1 can (14.5 oz.) crushed tomatoes
- 1 1/2 Tbsp. chili powder
- 1 Tbsp. dried oregano
- 1 Tbsp. dried basil
- 1 Tbsp. red wine vinegar
- 1/2 cup dark brown sugar



Equipment:

- Dutch Oven

Black Bean Chili:

| <input checked="" type="checkbox"/> | Directions | Time (min) |
|-------------------------------------|---|----------------|
| | Peel and dice 1 onion | 3 |
| | Peel and mince 2 cloves of garlic | 3 |
| | Heat 1 Tbsp. oil in a Dutch oven over medium heat | 1 |
| | Cook onion and garlic until transparent | 3 |
| | Add turkey. Stir and cook until brown. | 5 |
| | Add 3 cans of black beans, 1 can of tomatoes, 1 1/2 Tbsp. chili powder, 1 Tbsp. oregano, 1 Tbsp. basil, 1 Tbsp. red wine vinegar, and 1/2 cup dark brown sugar. | 4 |
| | Reduce heat to low, cover, and simmer | 60 |
| | Total | 40 min. |