Southwest Black Bean Turkey Chili

Glorious Gourmet PCS Gloria Luzzatto

Servings: 4



Ground Turkey with Black Beans, Red Onions, Leeks, Clelery, Red Bell Pepper, Corn and Green Chile in a uniquely seasoned chili sauce

15 1/2 ounces black beans, canned, drained and rinsed

1 tablespoon butter, unsalted

2 tablespoons cooking oil

1 medium jalapeno chile pepper, seeded and diced

1/3 cup red onion, diced

1/3 cup celery ribs, diced

1/3 cup red bell pepper, seeded and diced

1/3 cup leeks, cleaned and sliced

1 small garlic clove, minced

1 pound ground turkey

1/2 tablespoon dried oregano

1 tablespoon ground coriander

1 teaspoon ancho chili powder, optional

1 1/4 tablespoons chili powder

1 tablespoon ground cumin

1/8 cup all-purpose flour

1 cup frozen corn kernels

1 teaspoon salt

2 cups chicken stock

2 tablespoons fresh cilantro, chopped

1 medium avocado, seeded and sliced

EQUIPMENT: cutting board, knife, measuring spoons and cups, 12" skillet or 5 qt pot, colander, 2 medium bowls

Drain and rinse canned black beans and set aside.

Dice all vegetables and set aside in a medium bowl

Melt butter and add oil in large skillet or pot over medium heat and cook the ground turkey until cooked through.

Add the vegetables and oregano to the skillet with the turkey and cook over low heat for about 5-8 minutes. Add the coriander, chili powder and cumin and cook stirring for about 1 minute.

Add the flour and cook over low heat for about 5 minutes. Stir in the chicken broth.

Add the corn, salt and stir for about 1 minute. Add the black beans and simmer for about 20 minutes.

Stir in the cilantro and serve with slices of avocado.

Addtional Accompaniments: cornbread, grated cheddar cheese and/or Salsa

Serving Ideas: Serve with a Cornbread

Cuisine: Family Cookbook

Family Recipe, Main Dish, Main Dishes