



CW Cafe Today Neo-Soul Cooking for a Healthy Lifestyle



Fall Nights - 3 Bean Chili

Are you craving a classic soul-warming chili or a twist on a classic stew? Then continue to check out CW's Cafe Today for "Fall Nights Soup, Chili and Stew recipes. Today - a quick and easy 3 Bean Chili with lean ground turkey is up for grabs. Enjoy!

Servings: 8
Prep Time: 15
Cook Time: 15





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Ingredients - Star of the Show : 2 lbs Lean Ground

Turkey

From the Pantry

- 1 (15) oz can Cannellini Beans (drained)
- 1 (15) oz can Dark Kidney Beans (undrained)
- 1 (15) oz can Pink Beans (drained)
- 1 (14) oz can Dice Tomatoes (No Salt)
- 1 cup Marinara Sauce
- 1/2 cup Bloody Mary Spicy Mix
- **Spices from the Pantry**
- 1/4 cup Chili seasoning
- 2 tbsp Ground Cumin
- 2 tbsp South-west seasoning (see note)
- 2 tbsp Corn Masa Flour
- Salt and pepper to taste

from the Garden Pantry

- 1/2 Red Bell Pepper (diced)
- 1/2 Yellow Bell Pepper (diced)
- 1/2 Orange Bell Pepper (diced)
- 1/2 White onion (diced)
- 5 Garlic cloves (diced)
- 3 Green Chili Peppers (sliced thin)
- 1/2 cup Fresh chopped Parsley





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Note : You can make your own south-west with any spices you may have in your pantry. Example of some blends: (dried) Mexico chilies, Ancho chilies, paprika, coriander, garlic, cayenne pepper, red pepper flakes, black pepper and oregano. Put in a spice grinder and blend.

Step 1

In a large pan or Dutch oven over medium - high heat, add 2 tablespoons of olive oil and brown ground turkey, then add onions, garlic and blend well. Then add diced tomatoes, marinara sauce and bloody mary mix, bring to a simmer (about 2 - 3 minutes).

Step 2

Now add Cannellini , kidney and pink beans. Stir to combine, then add all your spices including the masa flour (used for thickening). Salt and pepper to taste, then add bell peppers and chili peppers. Stir and simmer for about 5 - 8 minutes . Then add chopped parsley cover and keep warm until ready to serve.

Step 3

To serve, spoon chili into bowls and top with sharp cheddar cheese, a dollop of sour cream and garnish with fresh parsley. You can also serve with corn bread or your favorite tortilla chips.