

Turkey Chili

- 1 lb. ground turkey or left over turkey cut into 1" chunks
- 1 medium onion chopped fine
- 3 cloves minced garlic
- 1 medium red or green bell pepper cut into 1" dice
- 1 medium zucchini, half grated, half cut into 1" dice
- 1 carrot, half grated, half cut into 1" dice
- 3 oz. diced jalapenos
- 2 T. cumin
- 1 T. salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cayenne red pepper
- (1) 15 oz. can drained adzuki or white beans
- (1) 14.5 oz can roasted garlic diced tomatoes
- (1) 4 oz. can sliced black olives
- 1/2 cup chopped cilantro

Heat the oil in a 3 quart saucepan and add your onion and minced garlic. As these soften, break up the turkey and stir with a fork into the saucepan. Stir with a wooden spoon and cook until the turkey is cooked through. Drain the meat and add the rest of the fresh vegetables and the spices and cook for 5 minutes. It is very important to both grate and chop the zucchini and the carrot. The texture matters for this dish and this, the spices, and all the other vegetables make the flavor zing. Add the beans, tomatoes and olives, cover with a lid and simmer for 10 minutes. Top with the cilantro and serve.

Serves 4 with some leftovers.