

Turkey Chili

Source: G

Ingredients

- 1 small onion, chopped
- 1 lb. ground turkey
- 1 bell pepper, diced
- 2 small zucchinis, sliced
- 12 oz sliced mushrooms
- 1 carrot, sliced
- 2 ears corn, cooked and cut off cob
- 1 8 oz can kidney beans, rinsed and drained
- 2 8 oz cans black beans, rinsed and drained
- 1 6 oz can tomato paste
- 6 cloves garlic
- 3 tbsp chili powder
- ½ tsp cayenne
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp cumin
- 1 tsp red pepper flakes
- 1 tsp oregano

Method

Cook onions, garlic and spices. Then add meat and brown. Then add everything else.

Simmer for 1 - 3 hours or until veggies are tender.

Notes

First time I made this it wasn't "hot" enough. Be generous with spices.