

Turkey Chili with Sweet Potato and Beans

Ground turkey, sweet potato, and two kinds of beans simmer on the stove until the chili is thick. Avocado, cheese, and crushed chips go on at the table.

SERVES	HANDS-ON	COOK	TOTAL	SETTING
6	15 min	40 min	55 min	stovetop pot, medium-high then a simmer

INGREDIENTS

1 tablespoon (15 ml) olive oil

1 medium yellow onion (180 g), chopped

2 medium red bell peppers (280 g), chopped

1 medium sweet potato (250 g), peeled and diced

4 garlic cloves (12 g), minced

2 tablespoons (16 g) chili powder
labeled gluten-free

1/2 teaspoon (1 g) chipotle chili powder
labeled gluten-free

1 1/2 teaspoons (3 g) ground cumin
labeled gluten-free

1 teaspoon (1 g) dried oregano **labeled gluten-free**

1/4 teaspoon (0.5 g) cayenne pepper
labeled gluten-free

3/4 teaspoon (4.5 g) kosher salt

1 pound (454 g) extra lean ground turkey

1 (28-ounce) can (794 g) diced tomatoes
labeled gluten-free

2 cups (480 ml) gluten-free chicken broth
labeled gluten-free

1 (15-ounce) can (425 g) dark red kidney beans, rinsed and drained **labeled gluten-free**

1 (15-ounce) can (425 g) black beans, rinsed and drained **labeled gluten-free**

1 (15-ounce) can (425 g) sweet corn, rinsed and drained **labeled gluten-free**

1/4 cup (45 g) quinoa **labeled gluten-free**

1/2 teaspoon (2 g) sugar

For the top

1 avocado (150 g), sliced

1/4 cup (10 g) chopped fresh cilantro

1/2 cup (56 g) shredded cheese **labeled gluten-free**

1/2 cup (120 g) sour cream **labeled gluten-free**

1/2 cup (28 g) crushed tortilla chips
labeled gluten-free

Gluten-free: Written so a reader with celiac disease can cook it when every packaged ingredient is one whose label says gluten-free. Read the package you actually buy. This page does not promise a meal with zero gluten.

METHOD

1. Coat the bottom of a heavy pot with the oil. Turn the burner to medium-high. Add the onion, bell peppers, and sweet potato and cook, stirring often, until the onion softens, about 6 minutes.
2. Stir in the garlic and the salt and cook 30 seconds. Sprinkle on the oregano, the cayenne, the cumin, and both of the chili powders, and stir until they smell warm.
3. Add the ground turkey. Break it into small crumbles and cook until no pink remains and the thickest pieces read 165 F (74 C), about 6 minutes.
4. Stir in the diced tomatoes, broth, kidney beans, black beans, corn, quinoa, and sugar. Bring the pot to a boil.
5. Lower the heat and simmer uncovered, stirring now and then, until the sweet potato and quinoa are tender and the chili looks thick, about 25 minutes.
6. Ladle into bowls. Top with avocado, cilantro, cheese, sour cream, and crushed tortilla chips.

NOTES

- Cut the sweet potato into small cubes so it finishes in the same simmer as the quinoa.
- The chili is thicker the next day. It keeps 4 days in the refrigerator, or freeze it up to 2 months.
- If your chili powder is very hot, start with half of it and add the rest at the end if you want more heat.