



TURKEY CHILI

INGREDIENTS

- 2 lbs. ground turkey
- olive oil- to coat pan and saute onion and turkey
- 1 large onion diced small
- 4 cloves of garlic, minced
- 1 (16 oz.) can of red kidney beans drained, OR one larger can if you desire. *see note.
- 2 tbsp. chili powder
- 1 (10 oz.) can of diced tomatoes w/ green chilies
- 1 (26 oz.) jar of Publix 4- cheese tomato sauce
- 1 tsp. of salt
- 1 tsp. of ground black pepper
- 1 large green pepper, diced small

NOTE: IF YOU USE MORE THAN 2 LBS OF MEAT, USE A CAN OF BEANS LARGER THAN THE 16 OZ. SIZE

RECIPE

In a frying pan, brown the turkey over high heat with enough olive oil to coat the pan. Keep crumbling the turkey until all the redness is gone. Drain cooked turkey on a paper towel, then transfer to a bowl. In the same frying pan, add a little more olive oil, saute the onions and peppers until golden, and then add garlic. Remove and place in the same bowl with the turkey. In a large pot, combine the turkey, onions, peppers, and add the can of diced tomatoes and green chilies, 4-cheese tomato sauce, and drained red kidney beans. Bring to a boil. Add chili powder and stir. Reduce heat to low and simmer 15 minutes stirring occasionally. Place in casserole pan and cool according to directions.

Cooling and Freezing Directions

Food borne bacteria love food at room temperature. Therefore it is crucial to expedite hot to cold temperature. When transferring cooked contents to the aluminum pan, leave 1/2 " from the top edge of the pan for expansion during freezing. For cooling: place the uncovered aluminum pan with hot contents into a larger pan containing half ice, half cold water and two tablespoons of salt. As soon as the contents are no longer hot, cover the pan with the lid and seal all around.

**LABEL LID WITH BLACK MARKER
NAME OF CASSEROLE, DATE**