

TURKEY CHILI^o



SERVES: 8 (approx. 1 cup each) Prep Time: 20 min. Cooking Time: 30 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1 ½ tsp.



- 2 tsp.** extra-virgin organic coconut oil, melted
- ¾ cup** chopped onion (approx. 1 medium)
- ¾ cup** chopped green bell pepper (approx. 1 medium)
- ¾ cup** chopped red bell pepper (approx. 1 medium)
- 2 cloves** garlic, finely chopped
- 1 lb.** cooked 93% lean ground turkey breast
- 2 cans (15-oz. each)** kidney beans, drained, rinsed
- 2 cans (15-oz. each)** organic diced tomatoes, no salt added
- 1 cup** red wine
- 1 Tbsp.** chili powder
- ½ tsp.** sea salt (or Himalayan salt)
- 2 tsp.** crushed red pepper flakes (optional)
- Chopped fresh cilantro** (garnish)
- 8 tsp.** crumbled goat cheese

- 1.** Heat oil in large saucepan over medium-high heat.
- 2.** Add onion and bell peppers; cook, stirring occasionally, for 5 to 6 minutes, or until onion is translucent.
- 3.** Add garlic; cook, stirring frequently, for 1 minute.
- 4.** Add turkey, beans, tomatoes (with liquid), wine, chili powder, salt, and red pepper (if desired). Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 20 minutes, or until slightly thickened.
- 5.** Evenly divide between eight serving bowls; top each with cilantro and 1 tsp. cheese.

RECIPE NOTES:

- You can substitute pinto beans for kidney beans.
- This is an ideal recipe post-Thanksgiving to use up leftover turkey, but I make it year-round using ground turkey. After all, how can you resist anything made with red wine?

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 300 Total Fat: 9 g Saturated Fat: 3 g Cholesterol: 60 mg Sodium: 421 mg Carbohydrates: 26 g Fiber: 1 g Sugars: 5 g Protein: 24 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.