

Turkey Chili with Rice

Ingredients:

- 1 pound ground turkey
- 1 medium onion, diced
- 3 garlic cloves, crushed
- 1-2 tsp salt and 1-2 tsp pepper
- 1 tsp. ground cumin
- 1 Tablespoon chili powder
- 2- 14½ oz. cans tomato sauce or crushed tomatoes
- 2- 14 ½ oz. cans beans, any kind, drained
- 1 can corn, drained
- 1 carrot, diced (optional)
- 2 stalks celery, diced (optional)
- 1 green bell pepper, diced (optional)
- 1 jalapeno pepper, diced (optional)
- 1 cup instant or regular brown or white rice
- 2 cups water or chicken broth

Instructions:

1. In a pot large enough to hold chili, brown ground turkey. No additional fat or oil is needed if turkey is from the food pantry. Break into small pieces while browning.
2. Add onion and spices, salt and pepper, mix and sauté until onions soften.
3. Add garlic (and other optional vegetables, if using), mix and sauté until vegetables soften.
4. Add instant rice, water or chicken broth and bring to a boil. Cover and simmer for 5 minutes. (If using regular rice, add liquid ingredients first, bring to boil, add rice, cover and cook for 20 minutes until rice is soft.)

Add beans, corn, and tomato sauce, bring back to simmer. Cook for 15 minutes or until thickened, stirring occasionally. Taste and adjust for seasonings.