

Recipe Name **Turkey Chili with White Beans**

Ingredients:

- 1 Tbsp. avocado oil
- 1 yellow onion, chopped
- 1 Tbsp. dried oregano
- 1 Tbsp. ground cumin
- 2 lbs. ground organic turkey or grass fed beef
- 1/2 cup chili powder
- 1 tsp. cayenne (optional)
- 2 bay leaves
- 2 Tbsp. unsweetened cocoa powder
- 1 Tbsp. kosher salt
- 1 tsp. cinnamon
- 1 28-oz. can of organic diced tomatoes
- 1 6-oz. can of organic tomato paste
- 2 cups organic beef broth
- 2 cans organic white northern beans
- fresh cilantro, chopped

Directions:

1. Heat large pot over medium heat. Once hot, add oil and onions and saute for about 5 minutes until translucent and just beginning to brown.



RECIPE

2. Add oregano and cumin to onions and stir for about 1 minute until they become fragrant.
3. Increase heat to medium-high and add protein (either turkey or beef), stirring and breaking up into small pieces until no longer pink.
4. Stir in chili powder, bay leaves, cocoa powder, cayenne, salt and cinnamon. Add tomatoes with juices, tomato sauce and beef broth.
5. Bring to a boil and then reduce heat to a simmer for about 45 minutes, stirring occasionally.
6. After 45 minutes. remove bay leaves from pot.
7. Drain and rinse beans. Add to chili. Simmer together for another 10 minutes.
8. Garnish with fresh cilantro