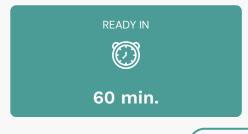


Easy Spicy Turkey Chili

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1 bay leaves
28 ounce cannellini beans drained and rinsed canned
28 ounce canned tomatoes diced canned
O.1 teaspoon ground pepper
3 tablespoons chili powder
2 medium garlic clove coarsely chopped
0.1 teaspoon ground cinnamon

0.5 teaspoon ground cumin

	1 pound pd of ground turkey
	2 teaspoons kosher salt as needed plus more
	1 cup chicken broth low-sodium
	0.5 teaspoon oregano dried
	1 medium bell pepper red
	6 servings cheddar cheese shredded
	6 servings cream sour
	6 servings tortilla chips
	2 tablespoons vegetable oil
	1 medium onion yellow
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Eq	uipment
	wooden spoon
	dutch oven
Directions	
	Heat the oil in a large pot or Dutch oven over medium heat until shimmering.
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	Add the bell pepper, onion, and garlic, season with salt, and cook, stirring occasionally, until the vegetables have softened, about 5 to 8 minutes. Increase the heat to medium high, add the turkey, and cook, breaking it up into smaller pieces with a wooden spoon, until it's no longer pink and is just cooked through, about 4 to 6 minutes.
	Add the chili powder, measured salt, oregano, cumin, cayenne, and cinnamon, stir to coat the turkey and vegetables, and cook until fragrant, about 1 minute.
	Add the tomatoes and their juices as well as the broth or stock, stir to combine, and bring to a simmer.
	Add the beans and return to a simmer. Reduce the heat to medium low, add the bay leaf, and simmer, stirring occasionally, until the flavors meld, about 30 minutes.
	Remove the bay leaf. Taste and season with additional salt as needed.
	Serve with the cheese, sour cream, and chips, for topping.

Nutrition Facts

Properties

Glycemic Index:38.67, Glycemic Load:10.36, Inflammation Score:-10, Nutrition Score:36.835652133693%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myri

Nutrients (% of daily need)

Calories: 629.13kcal (31.46%), Fat: 26.03g (40.04%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 63.92g (21.31%), Net Carbohydrates: 51.28g (18.65%), Sugar: 8.91g (9.9%), Cholesterol: 78.66mg (26.22%), Sodium: 1366.16mg (59.4%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 40.7g (81.41%), Vitamin B6: 1.2mg (60.25%), Phosphorus: 580.9mg (58.09%), Manganese: 1.09mg (54.41%), Vitamin B3: 10.61mg (53.06%), Fiber: 12.64g (50.57%), Vitamin A: 2510.42IU (50.21%), Vitamin C: 39.42mg (47.78%), Selenium: 30.88µg (44.11%), Iron: 7.85mg (43.6%), Potassium: 1491.14mg (42.6%), Calcium: 425.23mg (42.52%), Vitamin E: 6.27mg (41.83%), Magnesium: 160.68mg (40.17%), Copper: 0.71mg (35.46%), Folate: 133.87µg (33.47%), Zinc: 5.02mg (33.45%), Vitamin K: 32.32µg (30.78%), Vitamin B2: 0.44mg (26.08%), Vitamin B1: 0.36mg (23.74%), Vitamin B5: 1.9mg (19.02%), Vitamin B1: 0.77µg (12.8%), Vitamin D: 0.48µg (3.22%)