



Indian Summer Turkey Chili

READY IN



35 min.

SERVINGS



10

CALORIES



1118 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup smoky barbecue sauce
- ☐ 0.5 bottle beer (the alcohol cooks out)
- ☐ 10 servings jalapeños canned drained sliced
- ☐ 14 ounce tomato sauce canned
- ☐ 4 tablespoons chili powder dark
- ☐ 10 servings cilantro leaves chopped
- ☐ 2 cups corn kernels
- ☐ 10 servings tortilla chips blue red yellow
- ☐ 1 tablespoon cumin

- ☐ 10 servings olives and pimientos green chopped
- ☐ 2 tablespoons grill seasoning blend
- ☐ 2.5 pounds ground turkey breast lean (85 percent) (99 percent)
- ☐ 10 servings guacamole flavor plain
- ☐ 1 tablespoons hot sauce
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion quartered
- ☐ 10 servings onion raw chopped
- ☐ 10 servings potato chips blue red
- ☐ 10 servings pretzel rods
- ☐ 10 servings cheeses: sharp cheddar smoked shredded white such as cabot brand, pepper jack, chipotle cheddar, 5 peppercorn cheddar, monterey jack
- ☐ 10 servings cup heavy whipping cream sour
- ☐ 10 servings spicy flavors plain
- ☐ 10 servings tomatoes diced
- ☐ 10 servings black bean tortilla chips
- ☐ 2 tablespoons worcestershire sauce
- ☐ 2 large pasilla peppers green red yellow chopped
- ☐ 10 servings salsas
- ☐ 10 servings salsas

Equipment

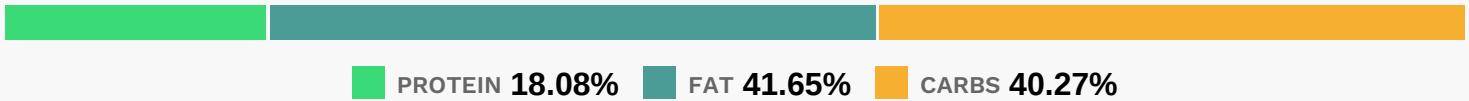
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ grill

Directions

- ☐ Watch how to make this recipe.

- ☐ Heat a pot over medium to medium high heat.
- ☐ Add extra-virgin olive oil, 3 turns of the pan, and the turkey meat. Season the meat with: chili powder, grill seasoning, cumin, Worcestershire and hot sauce. Break up the meat with the back of a wooden spoon into small crumbles.
- ☐ Chop the onion, reserving 1/4 of it for topping the chili. Brown meat 5 minutes, then add onions and chopped bell peppers and cook 10 minutes more.
- ☐ Add beer and deglaze the pan, scraping up the drippings and cooking off the alcohol.
- ☐ Add tomato sauce and barbecue sauce and bring to a bubble. It using corn kernels add them now.
- ☐ Let chili simmer 10 minutes. Adjust seasonings and heat level to your taste.
- ☐ Remove from heat and serve.
- ☐ To make a double batch, heat 2 pots and make 1 batch in each pot, rather than using 1 massive pot that is hard to control.
- ☐ All of the above can be found on either snack aisle or natural foods snack section in your market.
- ☐ Defrosted frozen corn or leftover corn on the cob, scraped from cob

Nutrition Facts



Properties

Glycemic Index:35.4, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:48.784782803577%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg, Quercetin: 16.03mg

Nutrients (% of daily need)

Calories: 1117.82kcal (55.89%), Fat: 49.37g (75.95%), Saturated Fat: 11.77g (73.58%), Carbohydrates: 107.42g (35.81%), Net Carbohydrates: 93.94g (34.16%), Sugar: 19.36g (21.51%), Cholesterol: 99.45mg (33.15%), Sodium: 1718.03mg (74.7%), Alcohol: 12.52g (100%), Alcohol %: 2.23% (100%), Protein: 48.21g (96.42%), Vitamin B3: 17.61mg

(88.07%), Vitamin B6: 1.75mg (87.73%), Vitamin C: 67.56mg (81.88%), Vitamin E: 12.19mg (81.26%), Phosphorus: 729.7mg (72.97%), Selenium: 48.46µg (69.24%), Vitamin A: 3361.52IU (67.23%), Vitamin K: 62.78µg (59.79%), Fiber: 13.47g (53.88%), Manganese: 1.06mg (52.79%), Potassium: 1785.4mg (51.01%), Magnesium: 177.79mg (44.45%), Calcium: 424.51mg (42.45%), Iron: 7.16mg (39.8%), Vitamin B5: 3.81mg (38.08%), Vitamin B1: 0.55mg (36.69%), Zinc: 5.47mg (36.43%), Vitamin B2: 0.61mg (35.75%), Folate: 140.04µg (35.01%), Copper: 0.56mg (27.96%), Vitamin B12: 0.92µg (15.36%), Vitamin D: 0.63µg (4.22%)