



## Jerk Turkey Chili

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bittersweet chocolate coarsely chopped
- 8 servings pepper black freshly ground
- 15 ounce black beans canned (do not drain)
- 28 ounce canned tomatoes diced canned (do not drain)
- 15 ounce beans white such as cannellini (do not drain) canned
- 3 tablespoons chili powder
- 0.5 cup cilantro leaves fresh coarsely chopped
- 2 teaspoons thyme sprigs fresh finely chopped

- 3 medium garlic clove finely chopped
- 0.8 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 2 tablespoons cornmeal
- 0.3 teaspoon nutmeg
- 8 servings kosher salt
- 1 quart chicken broth low-sodium
- 1 tablespoon olive oil
- 0.3 cup jalapeño peppers
- 6 cups turkey shredded cooked
- 1 medium bell pepper yellow cored seeded
- 1 medium onion yellow

## Equipment

- dutch oven

## Directions

- Heat the oil in a large pot or Dutch oven over medium-high heat until shimmering.
- Add the onion, bell pepper, and garlic, season with salt and pepper, and cook, stirring occasionally, until the vegetables have softened, about 5 to 8 minutes.<sup>2</sup>
- Add the chili powder, thyme, cinnamon, allspice, and nutmeg, stir to combine, and cook until fragrant, about 1 minute.
- Add the turkey or chicken and stir to coat with the spice mixture.<sup>3</sup>
- Add the stock or broth, tomatoes and their juices, beans and their liquid, and jalapeos. Stir to combine and bring to a simmer. Reduce the heat to low and simmer until the flavors have melded, about 30 minutes.<sup>4</sup> Turn off the heat, stir in the cilantro, chocolate, and cornmeal (if using), and let sit for 10 minutes. Stir once more to combine. Taste and season with salt and pepper as needed.
- Share This Recipe
- Print

Email

Save (249)

## Nutrition Facts

**PROTEIN 31.99%** **FAT 25.28%** **CARBS 42.73%**

### Properties

Glycemic Index:49.19, Glycemic Load:6.28, Inflammation Score:-9, Nutrition Score:26.263043331063%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

### Nutrients (% of daily need)

Calories: 344.72kcal (17.24%), Fat: 10.07g (15.49%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 27.66g (10.06%), Sugar: 7.7g (8.55%), Cholesterol: 54mg (18%), Sodium: 773.17mg (33.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.7mg (1.57%), Protein: 28.67g (57.34%), Vitamin C: 40.83mg (49.49%), Vitamin B3: 9.57mg (47.86%), Manganese: 0.86mg (43.18%), Fiber: 10.63g (42.53%), Vitamin B6: 0.82mg (41.18%), Phosphorus: 350.01mg (35%), Iron: 6.08mg (33.76%), Copper: 0.67mg (33.44%), Potassium: 1139.27mg (32.55%), Selenium: 19.56µg (27.94%), Magnesium: 107.98mg (27%), Vitamin A: 1345.41IU (26.91%), Folate: 94.88µg (23.72%), Vitamin E: 3.23mg (21.53%), Vitamin B2: 0.36mg (20.96%), Zinc: 3.05mg (20.31%), Vitamin B1: 0.27mg (17.9%), Vitamin B12: 1.04µg (17.29%), Vitamin K: 15.39µg (14.65%), Calcium: 132.46mg (13.25%), Vitamin B5: 1.21mg (12.11%), Vitamin D: 0.22µg (1.49%)