



Ryder's Turkey Chili

READY IN



110 min.

SERVINGS



15

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups black beans with liquid canned
- 3 cups kidney beans with liquid canned
- 3 cups pinto beans with liquid canned
- 4 tablespoons canola oil
- 2 teaspoons cayenne pepper
- 3 tablespoons chili powder
- 9 cloves garlic minced
- 2 teaspoons sea salt
- 1 tablespoon granulated onion

- 1 bell pepper diced green
- 1 tablespoon ground cumin
- 3 pounds coarsely ground turkey (thigh and breast meat)
- 15 servings kosher salt and pepper black freshly ground
- 1 cup chicken broth low-sodium
- 2 tablespoons paprika
- 10 pasilla chile peppers dried
- 1 bell pepper diced red
- 2 small onions diced red
- 15 servings saltines for serving
- 15 servings cheddar cheese shredded for garnish
- 0.3 cup tomato paste
- 3 cups tomato sauce

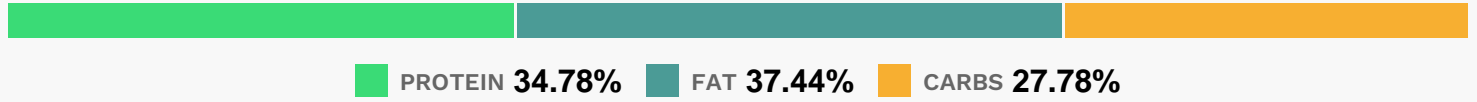
Equipment

- pot

Directions

- Rehydrate the pasilla peppers in hot water for 20 to 30 minutes, or until softened; drain.
- Remove the stems and seeds; dice the peppers.
- Warm the oil in a large pot over high heat.
- Add the pasillas, bell peppers, jalapenos, garlic and onions and cook until caramelized, about 8 minutes.
- Add the turkey and gently stir, trying not to break up the meat too much; cook until the meat is no longer pink, about 5 minutes.
- Add the tomato paste and sauce, stir for 4 minutes, then add the chicken broth.
- Add the granulated onion and garlic, chili powder, paprika, cumin, cayenne, 2 tablespoons salt and 2 teaspoons black pepper. Stir in the beans and their liquid, lower the heat and cook, uncovered, for at least 1 hour.
- Garnish with shredded cheddar and serve with saltines.

Nutrition Facts



Properties

Glycemic Index:29.8, Glycemic Load:6.47, Inflammation Score:-9, Nutrition Score:29.429564932118%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 403.04kcal (20.15%), Fat: 17.3g (26.62%), Saturated Fat: 6.77g (42.32%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 20.63g (7.5%), Sugar: 6.66g (7.4%), Cholesterol: 79.9mg (26.63%), Sodium: 856.39mg (37.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.35%), Vitamin C: 67.5mg (81.82%), Vitamin B6: 1.23mg (61.69%), Vitamin B3: 11.15mg (55.75%), Phosphorus: 500.31mg (50.03%), Vitamin A: 2239.68IU (44.79%), Selenium: 31.22µg (44.6%), Fiber: 8.26g (33.03%), Manganese: 0.58mg (28.8%), Potassium: 1002mg (28.63%), Calcium: 285.61mg (28.56%), Zinc: 3.73mg (24.9%), Vitamin B2: 0.42mg (24.5%), Iron: 4.21mg (23.41%), Vitamin E: 3.48mg (23.2%), Magnesium: 92.47mg (23.12%), Copper: 0.39mg (19.68%), Folate: 70µg (17.5%), Vitamin B1: 0.24mg (16.26%), Vitamin K: 16.48µg (15.69%), Vitamin B5: 1.4mg (13.98%), Vitamin B12: 0.8µg (13.32%), Vitamin D: 0.54µg (3.62%)