



Turkey Chili with Vegetables

(Make substitutions to your heart's content. Amounts are approximate.)

Begin by sautéing:

1 large, diced, onion, until translucent

Add (in this order):

1 cup diced carrots

1 cup diced zuke

1 diced pepper (any color)

1 peeled and diced eggplant

Add to taste:

2-3 diced jalapenos

2-3 cloves garlic

If you'd like some added heat, use a couple of canned chipotles in adobe sauce (scrape out the seeds).

Brown 1 lb ground turkey

add that into the veggie mix along with:

2 tsp dijon mustard

2 tbsp. chili powder

1 1/2 tsp each: oregano, basil, cumin

1 (or so) tsp each ground chipotle and ground ancho chili powder

1 healthy pinch of cinnamon

1 can black beans

1 can cannelloni beans

1 can vegetarian baked beans (These are the beans I use. Use whatever beans are your favorites)

1 large can crushed or diced tomatoes (I like the fire roasted)

Couple tablespoons of tomato paste

Simmer the works for about 1 hour

Just before serving add:

juice from 1 lime

1/4 c. grated bittersweet chocolate

a healthy dose of fresh cilantro (1/2 c or so, to taste)

