AMERICAN · DINNER

# Turkey Chili with Kidney Beans

55 min · Serves 6 · 419 kcal a serve · Video 7:46 · Downshiftology

Gluten-free ingredients · No dairy listed · No nuts listed

Lean turkey and two cans of kidney beans make this high in protein and fibre (about 11 g a serve), while tomatoes and peppers add vitamin C and potassium. Rinsing the beans trims the sodium.

**Diet notes:** Low saturated fat (3.4 g, 7% of the energy).

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## Ingredients 17 · SERVES 6

- [ ] 2 tbsp **olive oil**
- [ ] 1 **onion**, diced
- [ ] 1 **red bell pepper**, diced
- [ ] 1 **jalapeño**, seeded and diced
- [ ] 3 large **garlic** cloves, minced
- [ ] 1½ lb **ground turkey**
- [ ] 2 tbsp **tomato paste**
- [ ] 2 tbsp **chili powder**
- [ ] 1 tbsp **ground cumin**
- [ ] 2 tsp **paprika or smoked paprika**
- [ ] 1 tsp **dried oregano**
- [ ] 1 tsp **kosher salt**
- [ ] 1 × 28 oz can diced (fire-roasted) **tomatoes**
- [ ] 2 × 15 oz cans **red kidney beans**, rinsed and drained
- [ ] 2 cups **chicken broth**
- [ ] diced **avocado**, to serve (optional)
- [ ] **coriander** (or sliced green onion), to serve (optional)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Dice the onion, red pepper and seeded jalapeño and mince the garlic. Rinse the canned beans well and drain. 0:41
2. Heat the oil in a large pot over medium-high heat and sauté the onion, pepper and jalapeño for 4–5 minutes until soft. Add the garlic for 30 seconds. 3:51
3. Add the turkey and break it into small pieces as it cooks, until it is white all through. 4:22
4. Stir in the tomato paste, chili powder, cumin, paprika, oregano and salt and cook briefly to toast the spices. 4:52
5. Add the diced tomatoes, beans and broth. Bring to the boil, then simmer uncovered on medium-low for 30 minutes, stirring now and then. 5:16
6. Serve topped with avocado and coriander or sliced green onion. 7:01

> **Tip** Keeps 4–5 days in the fridge and up to 3 months frozen. Black or pinto beans work too; add another cup of broth for a thinner chilli. Greek yoghurt makes a lighter topping than sour cream.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| **419 kcal** | **34 g** | **37 g** |
| 1,750 kJ | 69% of a day | 26 g net · 9.2 g sugars |
| | | 14% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| **11 g** | **17 g** | **940 mg** |
| 39% of a day | 3.4 g saturated | 41% of a day |
| | 22% of a day | |

**Energy from** net carbs 26% · protein 35% · fat 39%

**High in** (20%+ of a day) Vitamin C 59% · Selenium 59% · Vitamin B6 58% · Vitamin B12 57% · Zinc 42% · Folate 40% · Iron 38% · Vitamin E 29% · Potassium 28% · Magnesium 24% · Vitamin K 20%

**Source of** (10–19%) Omega-3 18% · Vitamin A 17% · Calcium 10%

**Recipe and video:** Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=1g7stN3Oy70, published 22 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-turkey-chili