

Holiday Chili

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Prep time: 20 minutes

Cooking time: 30 minutes

Servings: 8-10

Ingredients:

- 1 large onion, diced
- 1 large carrot, thinly sliced
- 1 jalapeno pepper, diced (optional)
- 1 tsp vegetable or canola oil
- 2-3 tsp chili powder
- 1/4 tsp (smoked) paprika or cayenne (optional)
- 2 chorizo turkey sausages, diced - less spicy versions are a good substitute
- 1 lb ground turkey (or lean ground beef)
- 2 15oz cans diced (fire-roasted) tomatoes
- 1 15oz can black (pinto or kidney) beans, rinsed
- 1 cup corn, fresh or frozen
- 2 cups fresh spinach, washed
- 1 tsp salt and pepper to taste

Variations: leave out the meat and add additional veggies such zucchini, broccoli, or red pepper for a vegetarian version. A jalapeno pepper will add some spice!

Topping options:

- Spicy yogurt sauce: 1 cup plain Greek yogurt mixed with ½ tsp chili powder and a pinch of salt and pepper
- Grated cheddar cheese
- Chopped cilantro
- Diced red onion

Preparation

- Sauté onion, carrots, jalapeno in 1-2 tsp vegetable oil
- Add spices and sauté for a minute more
- Add ground turkey and diced sausage and sauté until just cooked
- Add diced tomatoes, black beans and corn and simmer, covered, for 30 minutes
- Add spinach a few minutes before removing from the heat
- Serve with toppings of your choices

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