

Easy Super Bowl Turkey and Black Bean Chili (services 6)

Ingredients

- 1 medium onion, chopped
- 1 yellow or orange bell pepper, chopped
- 1 large poblano chili, chopped
- 2 garlic cloves, minced
- 1 pound ground turkey
- 2 cans (28 oz. each) diced tomatoes
- 1 can (15 oz) beans with chili flavoring
- 2 cans (15 oz. each) black beans, preferably reduced-sodium, rinsed and drained
- 1 small can tomato sauce (10 oz)
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon Ground Cayenne Red Pepper for kick!
- 1 table spoon brown sugar

Preparation

1. Spray large fry pan with nonstick spray. Cook turkey and garlic together, stirring often and breaking meat into chunks, until it's no longer pink, 4 to 5 minutes. Drain.
2. Stir together turkey mixture in large pot with the other ingredient. Add water to get thickness you like. For me it's about half a cup of water. Cover and bring chili to a boil, stirring often. Reduce heat and simmer, stirring occasionally, until flavors are blended, 45 minutes to 1 hour. Serve with grated sharp cheddar cheese on top and corn bread.