Heart Healthy Turkey Chili

FOODSERVICE



SERVING SIZE: **16**

Ingredients

- 1 pound Ground Turkey
- 1 fluid ounce Water
- 2 cups Diced Onion
- 1 cup Celery, Diced
- 1/4 cup Jalapeno, Diced
- 1 tablespoon Chili Powder
- 1 tablespoon Cumin
- 2 teaspoons Dry Oregano
- 1 tablespoon Thyme
- 2 teaspoons Minced Garlic
- 7 cups **Furmano's Diced Tomatoes**
- 2 cups **Furmano's Red Kidney Beans**
- 1 liquid tablespoon Soy Sauce
- 1 fluid ounce Worcestershire Sauce
- 2 tablespoons Cilantro, Chopped

In This Recipe



Dark Red Kidney Beans in Brine



Diced Tomatoes In Juice (1")

Preparation

1. In a large pot over medium high heat, add Ground Turkey and Olive Oil.
2. When Turkey begins to brown, add Onion, Celery, and Jalapeno. Saute until translucent.
3. Add Chili Powder, Cumin, and Oregano.
4. Next add Thyme Leaves and Garlic. Stir
5. Finally add Furmano's Diced Tomatoes, Furmano's Red Kidney Beans, Soy Sauce, and Worchestershire Sauce. Heat to 165*
6. Stir in Cilantro just before serving.

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