



Quick and Healthy Turkey Chili

Ready Time: 30 min

Prep Time: 10 min

Ingredients:

- 2 tablespoons GOYA® Extra Virgin Olive Oil
- 1 green bell pepper, chopped
- 1 small onion, finely chopped
- 2 tablespoons GOYA® Minced Garlic
- 1 pound ground turkey
- 1 1/2 teaspoons ground cumin
- GOYA® Adobo All-Purpose Seasoning with Pepper, to taste
- 2 (15 ounce) cans GOYA® Low Sodium Red Kidney Beans, drained
- 2 (8 ounce) cans GOYA® Tomato Sauce
- 1 chipotle chile, finely chopped from 1 can (7 oz.) GOYA® Chipotle Chiles in Adobo Sauce
- 1/4 cup shredded Monterey Jack cheese
- 1 avocado, chopped
- Coarsely chopped fresh cilantro

Directions:

Serves: 4 people

1. Heat oil in medium pot over medium heat. Stir in peppers, onions and garlic; cook until tender, 5-7 minutes. Add turkey, cumin and Adobo. Cook, breaking up turkey with spoon, until browned, about 5 minutes.
2. Stir in beans, tomato sauce, 1 cup water and chipotle; bring liquid to boil. Reduce heat. Simmer until chili thickens and flavors come together, about 10 minutes. Season with Adobo.
3. Divide chili among serving bowls. Top with cheese, avocado and cilantro.

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