



Microwave Quick Turkey Chili

This variation on the *Quick Turkey Chili* recipe, published in the January *Consultant News*, is cooked in the microwave in our **Cranberry Deep Covered Baker**.

Microwave Quick Turkey Chili

This quick and easy turkey chili is packed with flavor and can be made in less than 30 minutes.

- 1 cup chopped onion
- 1 jalapeño pepper, seeded and chopped
- 1 cup diced green bell pepper
- 1 pound 99% lean ground turkey
- 2 tablespoons olive or canola oil
- 3 garlic cloves, pressed
- $\frac{3}{4}$ teaspoon salt
- 2 tablespoons **Southwestern Seasoning Mix**
- 2 tablespoons all-purpose flour
- 1 can (28 ounces) diced tomatoes, undrained
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (16 ounces) chili beans in sauce, undrained
- $\frac{1}{2}$ cup hot water

1. Using **Food Chopper**, chop onion and jalapeño pepper. Dice bell pepper using **Santoku Knife**. Place vegetables in **Deep Covered Baker**; microwave, uncovered, on HIGH 4-5 minutes or until tender.
2. Add turkey, oil, garlic and salt; mix well. Microwave, uncovered, an additional 5-6 minutes, stirring halfway through and breaking turkey mixture into crumbles.
3. Add seasoning mix and flour; mix well to coat. Stir in tomatoes, beans and water. Microwave, uncovered, an additional 12-14 minutes or until slightly thickened, stirring once halfway through cooking.

Yield: 6 servings

(Light) Nutrients per serving: Calories 280, Total Fat 6 g, Saturated Fat 0 g, Cholesterol 30 mg, Carbohydrate 27 g, Protein 25 g, Sodium 970 mg, Fiber 8 g