

## Ground Turkey Chili

### *Ingredients:*

1 Tbsp. olive oil  
2 onions, chopped  
1-2 carrots, chopped  
1 tsp. chili flakes (optional or adjust to taste)  
3 garlic cloves, minced  
3-4 tsp. chili powder  
1 tsp. ground cumin  
1 zucchini, sliced  
1 small bunch broccoli, cut into bite size pieces  
2 cans Italian (plum) tomatoes, chopped with juice  
1 1/2 cups ground turkey  
1 can kidney beans, rinsed and drained  
1 can chick peas, rinsed and drained

In large saucepan, heat oil over medium heat. Add onions, ground turkey, carrots, broccoli, chili flakes, garlic, chili powder, and cumin. Sauté until onions and carrots are soft and turkey is browned (about 10-15 minutes).

Add tomatoes with their juice. Cook for 5 minutes over high heat. Reduce heat to low and stir in beans and chick peas.

Simmer, covered until thickened, approximately 15 minutes.

Remember – plum tomatoes are not members of the nightshade family!!