

Be

BrickhouseBodymind.com

**Nutritional
Information**

Total Cals - 320

Fat

4 Grams
36 Calories
11% of Total

Carbs

39 Grams
156 Calories
49% of Total

Prot

29 Grams
116 Calories
36% of Total

Philip's Turkey Chili
poultry - dinner



Ingredients

1 28-oz Can + 1 15.5-oz Can Diced Tomatoes
3 15.5-oz Cans Beans (use a couple different kinds if you like)
1.25 lbs. Ground Turkey Breast
4 Cloves Garlic, chopped
1 Medium Onion
2 Tbsp Olive Oil
6 oz of Your Favorite Beer (mine's Sierra Nevada Pale Ale)
1-1/2 Tbsp Chili Powder
2 tsp Cumin
1 tsp Red Pepper
2 Bay Leaves
1 Tbsp Ketchup (optional for a little added sweetness)
Salt and Pepper to Taste

Directions

1. Heat 1 Tbsp Olive Oil in large pot.
2. Mix 1/2 Tbsp Chili Powder, 1 tsp Cumin, Salt and Pepper with Turkey and cook several minutes until done. Remove meat from pot.
3. Heat 1 Tbsp Olive Oil in same pot.
4. Mix 1/2 Tbsp Chili Powder, 1 tsp Cumin, Salt and Pepper, and Garlic with Onion and cook until Onion is translucent.
5. Place Turkey back into pot, pour half of 12-oz beer into pot and bring to a boil.
6. Cook for several minutes until about half beer is reduced.
7. Add Beans, Tomatoes, Bay Leaves, 1/2 Tbsp Chili Powder, 1 tsp Red Pepper, and Ketchup if desired.
8. Bring to boil and let simmer on medium heat for at least 40 minutes.

Makes 8 Servings

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