



Dumpkin Turkey Chili



prep time
30 minutes



total time
1 hr, 30 min



servings
8-10

Ingredients

- 2 pounds/900 grams lean ground turkey
~ 25 servings of protein
- 1/2 of a medium butternut squash, chopped
(about 2 cups) ~ 2 servings of carb
- 15 ounce/450 grams can pumpkin puree
~ 1.5 servings of carb
- 1 large yellow onion, chopped
~ 1 serving of veggies
- 14.5 ounce/435 grams can diced tomatoes
~ 5 servings of veggies
- 15 ounce/450 grams can marinara sauce
~ 5 servings of veggies, 1 serving of fat
- 2 cups chicken stock
- 1 red bell pepper, chopped
~ 1 serving of veggies
- 1 yellow bell pepper, chopped
~ 1 serving of veggies
- 2 medium carrots, chopped
~ 1 serving of carbs
- 4 medium celery stalks, chopped
~ 1 serving of veggies
- 2 cloves of garlic, grated or finely minced
- 2 tablespoons olive oil ~ 2 servings of fat
- 3 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoon smoked paprika
- 2 teaspoons dried oregano
- 2 teaspoons salt
- 2 teaspoons pepper

 comfort food

Instructions

- 1 Heat a dutch oven or large soup pot over medium high heat. Add 1 tablespoon olive oil and cook the onions, bell peppers, carrots, celery, garlic 1 teaspoon salt and pepper for 10 minutes until softened. Transfer to a bowl.
- 2 In the dutch oven/large soup pot over medium low heat, add 1 table-spoon olive oil and cook the turkey for 10 minutes.
- 3 Add the spices and remaining 1 teaspoon salt and pepper. Stir to combine with the turkey.
- 4 Add the cooked vegetables back to the dutch oven/soup pot, along with the butternut squash, pumpkin, diced tomatoes, marinara sauce and chicken stock. Stir to combine.



- 5 Cook over medium low heat for 1-2 hours, until the vegetables are tender. Taste and add more seasonings/salt if desired.
- 6 Serve warm with desired toppings.

Whole Recipe Breakdown:
25 Servings Protein
4.5 Servings Carb
3 Servings Fat
14 Servings Veggies

