

Picadillo-Style Turkey Chili

INGREDIENTS:

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1 pound 93%-lean ground turkey
- 2 medium onions, chopped
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 cups water
- 28-ounces crushed tomatoes
- 15-ounces small red beans, kidney beans or pinto beans (prepared)
- ¼ cup sliced green olives, rinsed
- ¼ cup raisins

PREPARATION:

Heat 2 teaspoons oil in a Dutch oven over medium-high heat. Add turkey and cook, stirring and breaking up with a wooden spoon, until no longer pink for 3-4 minutes. Transfer to a plate. Reduce the heat to medium and add the remaining 1 tablespoon oil to the pan. Add onions and garlic and cook. Stir often until it begins to soften and brown slightly, 5-7 minutes. Stir in chili powder, cumin, cinnamon, pepper and salt. Cook, stirring until fragrant, about 30 seconds. Add water, tomatoes, beans, olives, raisins and the turkey. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer and cook until the vegetables are soft, 10-15 minutes.

http://www.eatingwell.com/recipes/picadillo_turkey_chili.html

NOTES FROM THE COOK:

Entree