

# HOMEMADE TURKEY CHILI



## INGREDIENTS

- 2 lbs Ground Turkey (DO NOT DRAIN)
- 12 oz. Tomato Paste
- 2 - 15oz. Cans Kidney Beans (DO NOT DRAIN)
- 1 - 12 oz. Can Chopped Tomatoes
- 1 Envelope Lipton Onion Soup Mix
- 2 Tbs. Chili Powder
- 1 Tsp. Garlic Powder
- 1 and 1/2 Cups Diced Onions (approx. 1 large white onion chopped and diced)
- 1/2 Cup Water

## SPICES & EQUIPMENT

- 1/2 Tsp. Tabasco Sauce
- 1 Tsp. Salt
- 1 Tbs. Sugar
- 1 large Ziploc Bag
- Measuring Spoons
- Measuring Cup
- Large Frying Pan
- Large Pot

## DIRECTIONS

- Fry turkey in light olive oil (so it does not stick)
- Fry onions in light olive oil so that they are cooked through (do not brown)
- Mix onions with cooked turkey and add onion soup mix, canned tomatoes, tomato paste, beans, chili powder, garlic powder and water. *(Add additional water if needed to bring to proper consistency - meaty/not soupy.)*
- Adjust spices to taste. (Chili should be mildly spicy, but not hot.)
- Cook over medium heat to low boil
- Allow chili to cool
- Place in large Ziploc bag
- Freeze