

Butternut Turkey Chili

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American, Dinner, Meat

Prep Time: 15 min **Cook Time:** 50 minutes margin notes (4) **Servings:** Serves 6 **Source:** sproutedkitchen.cc

INGREDIENTS

2 Tbsp avocado oil, olive oil, or ghee
1 lb ground turkey (dark meat)
1 yellow onion, chopped
1 bell pepper, chopped
1 jalapeño, seeded and minced
3 cloves garlic, minced
1 small butternut squash, about 3 cups small cubes
2 Tbsp tomato paste
1 tsp light brown sugar
2 Tbsp chili powder
2 tsp cumin
1 tsp smoked paprika
1 (28 oz) can crushed fire-roasted tomatoes
2 cups vegetable stock
1 (13.5 oz) can black beans, drained and rinsed
Sea salt, to taste
Black pepper, to taste

For Serving (Optional)
Cilantro
Shredded cheese
Avocado
Sour cream
Tortilla chips
Tater tots

DIRECTIONS

Heat a large pot or Dutch oven over medium heat. Warm the oil. Add the ground turkey and a big generous few pinches of salt and pepper. Break it up well with the back of a spoon and brown the meat.

Add the onions, bell pepper, jalapeños, garlic, squash, and another pinch of salt and sauté another 5 minutes. Add the tomato paste, sugar, chili powder, cumin, smoked paprika, tomatoes, broth and beans. Stir everything to mix. Turn the heat to low, put the cover on ajar, and simmer about 30 minutes, stirring halfway through, until the squash is tender. Add a last pinch of salt and pepper, to taste (stewy things need to be well salted! Don’t be shy). Add some cayenne or chipotle if you like it spicy.

Turn off the heat and let it cool slightly before serving. Once completely cooled, store, covered, in the fridge for a week, or in the freezer until ready to use.

Garnish your bowls with tots, avocado, cheese, sour cream, cilantro, chips or whatever you wish.