

# turkey-and-bean chili

**SERVES 4 • READY IN 30 MINUTES OR LESS**

**Ingredients:**

- 2 teaspoons canola oil
- 1 ½ pounds ground lean turkey
- 2 cups diced bell pepper
- 2 cups diced turnip
- ¾ cup sliced green onion, white and light green parts only
- 4 garlic cloves, chopped
- 1 tablespoon plus 1 teaspoon chili powder
- 1½ teaspoons ground cumin
- ⅛ teaspoon cayenne pepper, or to taste
- ½ teaspoon salt
- 1 (28-ounce) can diced tomatoes (about 3¼ cups)
- 2 cups canned drained kidney beans or other beans (or a mix of beans)
- ½ cup water
- 4 ounces (about 1 cup) grated pepper Jack or Cheddar cheese

Heat 1 teaspoon oil in a large pot over medium-high heat. Add the turkey and cook, breaking it up with the side of a spoon, until cooked through, about 5 minutes. Transfer to a bowl with a slotted spoon.

Add the remaining 1 teaspoon oil to the pot. Add the bell pepper, turnip, green onion, and garlic and cook, stirring, until softened, about 4 minutes. Stir in the chili powder, cumin, cayenne, and salt and cook 1 minute more. Add the tomatoes, beans, cooked turkey, and water. Bring to a boil, cover, lower the heat, and simmer, stirring occasionally, until the flavors meld and the vegetables are tender, at least 10 minutes or up to 30 minutes.

Ladle the chili into bowls and top each serving with ¼ cup cheese.