

SOUPS & STEWS

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TURKEY CHILI WITH SWEET POTATO AND BEANS

Ground turkey, sweet potato, and two kinds of beans simmer on the stove until the chili is thick. Avocado, cheese, and crushed chips go on at the table.

SERVES	HANDS-ON	TOTAL
6	22 min	55 min

GLUTEN-FREE SHOPPING CHECK

Buy each of these with a gluten-free label.

- [ ] chili powder
- [ ] chipotle chili powder
- [ ] ground cumin
- [ ] dried oregano
- [ ] cayenne pepper
- [ ] diced tomatoes
- [ ] gluten-free chicken broth
- [ ] dark red kidney beans
- [ ] black beans
- [ ] sweet corn
- [ ] quinoa
- [ ] shredded cheese
- [ ] sour cream
- [ ] crushed tortilla chips

Turkey Chili with Sweet Potato and Beans

Ground turkey, sweet potato, and two kinds of beans simmer on the stove until the chili is thick. Avocado, cheese, and crushed chips go on at the table.

SERVES	HANDS-ON	COOK	TOTAL	SETTING
6	22 min	33 min	55 min	stovetop pot, medium-high then a simmer

Hands-on is the chopping plus about 13 minutes of stirring at the stove. Cook is bringing the pot to a boil and the simmer.

INGREDIENTS

- 1 tablespoon (15 ml) olive oil
- 1 medium yellow onion (180 g), chopped
- 2 medium red bell peppers (280 g), chopped
- 1 medium sweet potato (250 g), peeled and cut into 1/2 inch (13 mm) cubes
- 4 garlic cloves (12 g), minced
- 2 tablespoons (16 g) chili powder labeled gluten-free
- 1/2 teaspoon (1 g) chipotle chili powder labeled gluten-free
- 1 1/2 teaspoons (3 g) ground cumin labeled gluten-free
- 1 teaspoon (1 g) dried oregano labeled gluten-free
- 1/4 teaspoon (0.5 g) cayenne pepper labeled gluten-free
- 1 1/4 teaspoons (7.5 g) kosher salt
- 1 pound (454 g) extra lean ground turkey
- 1 (28-ounce) can (794 g) diced tomatoes labeled gluten-free
- 2 cups (480 ml) gluten-free chicken broth labeled gluten-free
- 1 (15-ounce) can (425 g) dark red kidney beans, rinsed and drained labeled gluten-free
- 1 (15-ounce) can (425 g) black beans, rinsed and drained labeled gluten-free
- 1 (15-ounce) can (425 g) sweet corn, rinsed and drained labeled gluten-free
- 1/4 cup (45 g) quinoa labeled gluten-free
- 1/2 teaspoon (2 g) sugar

For the top

- 1 avocado (150 g), sliced
- 1/4 cup (10 g) chopped fresh cilantro
- 1/2 cup (56 g) shredded cheese labeled gluten-free
- 1/2 cup (120 g) sour cream labeled gluten-free
- 1/2 crushed tortilla chips labeled gluten-free

> **Gluten-free:** Written so a reader with celiac disease can cook it when every packaged ingredient is one whose label says gluten-free. Read the package you actually buy. This page does not promise a meal with zero gluten.

METHOD

1. Coat the bottom of a heavy pot with the oil. Turn the burner to medium-high. Add the onion, bell peppers, and sweet potato and cook, stirring often, until the onion softens, about 6 minutes.
2. Stir in the garlic and the salt and cook 30 seconds. Sprinkle on the oregano, the cayenne, the cumin, and both of the chili powders, and stir until they smell warm.
3. Add the ground turkey. Break it into small crumbles and cook until no pink remains and the thickest pieces read 165 F (74 C), about 6 minutes.
4. Stir in the diced tomatoes, broth, kidney beans, black beans, corn, quinoa, and sugar. Bring the pot to a boil.
5. Lower the heat and simmer uncovered, stirring now and then, until a fork slides through the sweet potato, the quinoa is soft, and the chili looks thick, 25 to 30 minutes.
6. Ladle into bowls. Top with avocado, cilantro, cheese, sour cream, and crushed tortilla chips.

NOTES

- Keep the sweet potato cubes to 1/2 inch so they finish in the same simmer as the quinoa.
- The chili is thicker the next day. It keeps 4 days in the refrigerator, or freeze it up to 2 months.
- If your chili powder is very hot, start with half of it and add the rest at the end if you want more heat.