

**Makes 6 to 8 Servings**

Use Chantal® Copper Fusion® 3 Qt. Saucepan

## Sophie Uliano's Turkey Chili\*

### Main Ingredients:

1 tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

1½ pounds organic ground dark turkey meat

1 tbsp chili powder

½ tsp ground turmeric

¼ tsp ground cinnamon

1 tsp salt

3 cups chicken or vegetable broth

2 tbsp tomato paste

2 tbsp Worcestershire sauce

1 15-ounce can kidney beans, drained

1 15-ounce can tomatoes

1 medium zucchini, cubed

2 medium carrots, grated

2 cups stemmed and chopped rainbow  
or Swiss chard

½ cup chopped fresh cilantro

\*As featured in Sophie's *Gorgeously Green Diet* cookbook





## Sophie Uliano's Turkey Chili



### Preparation:

1. Heat the olive oil in the saucepan over medium heat.
2. Add the onion and garlic and sauté for about 5 minutes, until softened.
3. Add the turkey and cook for another 5 minutes, stirring to break up any lumps.
4. Add the chili powder, turmeric, cinnamon, and salt and cook for 2 minutes.
5. Add the broth, tomato paste, and Worcestershire sauce and stir to dissolve the tomato paste.
6. Add the beans, tomatoes, zucchini, and carrots. Bring to a simmer, then reduce the heat to low and simmer for 15 minutes.
7. Add the chard and simmer for another 5 minutes.
8. Serve garnished with the cilantro.