

## Gary's Turkey Chili

Author: From my cousin Gary K.



2 tablespoons olive oil  
1 1/2 medium yellow onions, diced  
1 whole Anaheim chili pepper, diced  
1/2 jalapeno chili pepper, finely diced  
1/2 whole green bell pepper, or red, or yellow  
4 whole garlic cloves  
1 can olives, undrained, thickly sliced (about 5+ ounces net weight)  
28 ounces diced tomatoes, canned, undrained  
16 ounces kidney beans, canned, drained, rinsed  
3/4 teaspoon chili powder, or to taste  
1/2 teaspoon cumin, or MORE to taste  
1/4 teaspoon cayenne, or to taste  
1 pound ground turkey, loaf shape, not tube

### TOPPINGS:

1/2 cup onions, minced  
1 cup cheddar cheese, shredded

*Blog: Carolyn T's Blog:*  
<http://tastingspoons.com>

Your Text Here

*Per Serving (excluding unknown items): 415 Calories; 22g Fat (45.8% calories from fat); 29g Protein; 29g Carbohydrate; 6g Dietary Fiber; 95mg Cholesterol; 569mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 Fat.*

*Carolyn T's  
Main Cookbook*

**Servings: 5**

*Notes: My cousin doesn't add salt, but that's a personal preference. The olive juice provides some sodium too, so taste before adding more. I would serve this with a bowl of sour cream, cilantro and crushed tortilla chips as additional toppings. I also would add far more ground cumin, as well as some ancho chile powder, plus about 2 tsp. of chipotle chile.*

*Description: My cousin's "famous" turkey chili.*

1. In a large skillet heat the olive oil.
2. Add the diced onions and saute for 5-10 minutes, until onion has become translucent.
3. While onions are cooking, prepare all the chiles and bell peppers. Add to the pan and continue cooking for another 5-10 minutes. Add the garlic and cook for about 1-2 minutes only.
4. Add the diced tomatoes (undrained) and kidney beans (drained). Stir well, then add the spices and the undrained olives and stir to combine. Bring to a boil, cover and allow to simmer.
5. In another pan bring a small amount of water to a simmer. Add the chunk of ground turkey, but DO NOT STIR. Bring to a simmer again, cover, and cook for about 10-15 minutes until the center is no longer pink. Chop up the turkey meat with a spatula, into smallish chunks and remove with a slotted spoon to the chili mixture. Discard the juice.
6. Simmer chili for 30-45 minutes. Taste for seasoning.