



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# TURKEY CHILI

**Time: 60 minutes**

**Serves: 8**

### Ingredients:

20ml avocado oil (or other cold-pressed neutral flavoured oil)  
900g ground turkey  
20g chili powder  
12g salt  
8g paprika  
4g ground cumin  
400ml chicken stock  
400g bell peppers - diced  
150g onion - diced  
150g celery - diced  
150g carrots - diced  
6 cloves garlic - finely chopped or grated  
796ml can diced tomatoes  
540ml can kidney beans - rinsed and drained  
540ml can navy beans - rinsed and drained  
100g ground almonds

### Preparation:

Place a large pot on medium-high heat and add the oil. Add the turkey, stirring occasionally and breaking apart for eight minutes.

Add the chili, salt, paprika, and cumin, stirring occasionally for two minutes.

Add the remaining ingredients except green onion.

Turn heat to high and bring to a boil. Reduce heat to simmer for 30 minutes.

Remove from heat and serve immediately or reheat later.

### Nutritional Information Per Serving:

Calories: 532  
Fat: 17g  
Carbs: 58g  
Fibre: 20g  
Protein: 41g