

## Turkey & Bean Chili

### Shopping List:

- 1 lb organic ground turkey (chicken, or lean beef)
- 1 tbsp EVOO
- 1/2 white onion, diced
- 2 cloves garlic, minced
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 cup organic chicken broth
- 1 can 10 oz Rotel
- 1 can 25oz Ranch Style Brand Beans
- 3 tbsp chili powder
- pink Himalayan salt to taste preference

### Instructions:

1) Dice up the half of an onion and mince 2 cloves of garlic. Begin heating a soup pot over medium heat with the olive oil and add in the diced onions for about 5 minutes, then add the garlic and 1 lb of ground turkey, garlic powder, onion powder, the Pioneer Gluten Free Chili seasoning packet, and salt (if desired). Cook the turkey until completely cooked with no pink visible.

2) Add in: 3 tbsp chili powder, 1 cup organic chicken broth, 1 can Rotel, and 1 can 25oz Ranch Style Brand beans.

3) Let the chili simmer on the stove top for about 20-30 minutes to allow the flavors to really meld together, then serve!

This makes about 4-6 servings depending upon bowl size and if you're eating it with chips then it will last longer!