

## **Turkey & Butternut Squash Verde Chili**

(Paleo & Whole 30)

### **Shopping List:**

- 1 lb organic ground turkey (or beef)
- 1 jar green salsa (Review ingredients label for additives and sugar before buying. There are natural salsas that do not have any. \*This will also determine if the salsa is Paleo only, or also Whole 30 friendly)
- 1 32 oz box organic chicken broth
- 1/2 white onion, diced
- 2 garlic cloves, diced or minced
- 1 cup cilantro, chopped
- 1/2 cup frozen organic spinach
- 1 cup cubed butternut squash, small cubes
- 1/2 14.5 oz can diced tomatoes, drained (optional)
- 1 tbsp olive oil or coconut oil
- 1 tbsp ground cumin
- 1 tsp garlic powder
- 1/2 tsp ground red pepper (optional)
- salt to taste

Directions: Start by peeling the onion and cut it in half to dice it. Next peel and dice two cloves of garlic. Place a non-stick pan over medium heat. Once the pan is warm add 1 tbsp of olive oil or coconut oil and the onions. Stir occasionally until the onions begin to turn translucent and add in the garlic and ground turkey (or beef). Sauté the meat until it is cooked through with no pink remaining. While the meat is cooking you can add in 1 tbsp ground cumin, 1 tsp garlic powder, and the optional 1/2 tsp ground red pepper. \*Before adding the ground red pepper taste the salsa you purchased to make sure it won't be too spicy already! Once the meat is done cooking, transfer it to a medium to large sauce pan (or soup pot) on medium heat.

Add in one jar of green salsa (mine was 24 oz, but I have used smaller ones too), one 32 oz box of organic chicken broth, and the cup of cubed butternut squash. Allow the chili to come to a low boil and turn the heat down to simmer for 15 to 20 minutes. Stir the chili occasionally to prevent burning and allow the contents to cook evenly. About 10 minutes before serving, add in one cup of chopped cilantro and 1/2 to one cup of organic frozen spinach (you can use fresh spinach, but should wait to add it until only a few minutes before serving). When the chili is done cooking, serve immediately!

\*Non Paleo version: 10 to 15 minutes before serving you can add in a can of white beans to the chili pot, and about 5 minutes before serving you can add in the optional sour cream if you need to tone down the spice.