

Riverview Wellness Center

Recipe

Client Name:

Recipe for: Ground Turkey Chili

Ingredients: 2 lbs. ground turkey
1 tbsp. butter
1 clove garlic, minced
1 small onion, chopped
4 ribs celery, sliced
1 zucchini
1 yellow squash
1 red pepper
1 qt. chicken or turkey stock
1 can black beans
1 can cannelloni beans

Preparation: Sauté turkey, onions, and garlic in butter until not longer pink. Add chicken stock, celery, zucchini, yellow squash, red pepper, and beans to turkey. Season with oregano, basil, thyme, salt, pepper, parsley, and red pepper. Simmer until vegetables are tender 20-25 minutes. Serve with rice, sliced carrots, crackers, or nut thins.