

FR. FRANK'S AUTUMN TURKEY CHILI



Ingredients:

- ✦ 2/3 cup chopped onion
- ✦ 1/2 cup chopped red pepper
- ✦ 1 1/2 teaspoons dried oregano
- ✦ 1 teaspoon ground cumin
- ✦ 1 teaspoon olive oil
- ✦ 3 garlic cloves, minced
- ✦ 1 can black eyes beans, rinsed and drained
- ✦ 1 can great northern beans, rinsed and drained

- ✦ 1 can crushed tomatoes
- ✦ 1 can reduced-sodium chicken broth
- ✦ 1/2 cup water
- ✦ 2 tablespoons brown sugar
- ✦ 2 tablespoons chili powder
- ✦ 1/2 teaspoon pepper
- ✦ 3 cups cubed cooked turkey breast
- ✦ shredded cheddar cheese, optional



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Instructions:

1. In a large saucepan, sauté the onion, red pepper, oregano and cumin in oil until vegetables are tender. Add garlic; cook until fragrant.
2. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar, chili powder and pepper; bring to a boil.
3. Reduce heat; cover and simmer for 30-40 minutes.
4. Add turkey; heat through. If desired, top with cheddar cheese.

