

Turkey Chili with Cornbread

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the turkey chili:

1 large white onion, coarsely chopped
1 cup cremini mushrooms, coarsely chopped
2 bell peppers (any color), coarsely chopped
3 tablespoons vegetable oil
1 tablespoon chili powder
1 teaspoon paprika
1 teaspoon black pepper
½ teaspoon cumin
2 teaspoons packed brown sugar
1 (28 ounce) can whole tomatoes in juice
2 (19 ounce) can red kidney beans, rinsed and drained
½ cup water or salt free chicken stock
2 cups ground turkey
Accompaniments: sour cream; sliced avocado; chopped white onion; lime wedges

For the cornbread:

4 cups all-purpose flour
2 cups yellow cornmeal
1 ½ cups sugar
1 teaspoon salt
2 tablespoons baking powder



Method of Preparation:

For the turkey chili:

1. Cook onion and peppers in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, for 12 to 15 minutes.
2. Add spices and brown sugar and cook, stirring, until fragrant, for about 1 minute.
3. Add tomatoes with juice, breaking them up with back of a spoon, then add beans, water, and 1 teaspoon salt and simmer, covered, 15 minutes. Stir in turkey and let stand, covered, until heated through for 10 to 15 minutes.

For the cornbread:

1. Preheat oven to 350 degrees. Lightly oil a 9-inch cast-iron skillet or a 12-inch by 8-inch by 2-inch pan, and place it in the oven to heat.
2. In a large bowl, sift together the flour, cornmeal, sugar, salt, and baking powder. In a separate bowl, whisk together the eggs, milk, and oil. Pour the wet ingredients over the dry ingredients, add the corn, and stir until just combined. Add the butter and stir once or twice to incorporate.

3. Remove the hot skillet or pan from the oven, pour batter into it. Put pan in oven to cook until mixture is brown on top and a sharp knife inserted into its center comes out clean, approximately 45 minutes to 1 hour.

To assemble:

1. Scoop chili into a bowl to serve and slice cornbread.

Nutritional Analysis:

For the turkey chili:

Calories: 423

Carbohydrates: 37g

Sodium: 981mg

Protein: 41g

Fat: 12g

Fiber: 9g

For the cornbread:

Calories: 686

Carbohydrates: 130g

Sodium: 85mg

Protein: 16g

Fat: 10g

Fiber: 3g