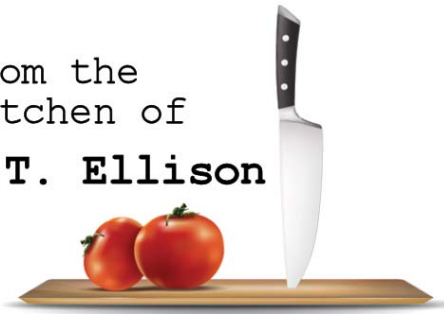


From the
kitchen of

J.T. Ellison



Ingredients:

- ✓ 1 tbsp olive oil (or your cooking oil of choice)
- ✓ 1 large onion, diced
- ✓ 3 cloves garlic, minced
- ✓ 1 lb. 97% lean ground turkey (if you want to do ground beef, that's perfectly fine!)
- ✓ salt and pepper, to taste
- ✓ 10 oz can Rotel tomatoes with green chilies
- ✓ 14 oz can tomato sauce
- ✓ 14 oz can diced tomatoes
- ✓ Water, as needed (if you like a thinner chili – I won't judge)
- ✓ 2 tsp chili powder
- ✓ 1/2 tsp cumin
- ✓ 1/4 tsp paprika (smoked paprika adds nice depth, if you have it!)
- ✓ 1 bay leaf
- ✓ 1 large sweet potato (or 2 medium sweet potatoes), peeled and diced into 1/2-inch cubes

Turkey Sweet Potato Chili

8 servings (1 cup each)

The arrival of fall means *it's soup and chili season*, chickens! This recipe hits a quadfecta of awesome: it's a cinch to make; it's easily doubled; it freezes beautifully; *and* it's a crowd pleaser. Make it for your next tailgate, or on a Tuesday night. It's a really great excuse to eat Fritos (which are corn-based, and, as such, gluten-free.)

Directions:

- In a large pot or Dutch oven, heat the oil over medium-high heat until shimmering.
- Sauté the onion until translucent, about 5 minutes.
- Add the garlic and sauté until fragrant, about 1 minute.
- Add the turkey, breaking it up as it cooks into smaller pieces, and seasoning with salt and pepper.
- When the meat is browned and cooked through, drain the fat, if desired (though you won't have much if you're using 97% lean turkey!), and add the meat back to the pot.
- Add the remainder of the ingredients to the pot, and bring the chili to a boil.
- Once bubbly, reduce the heat to medium-low, cover, and simmer until potatoes are soft and cooked through, about 25 minutes, stirring occasionally.
- Once the potatoes are soft, remove bay leaf, and serve with desired garnishes (FRITOS, fresh cilantro, avocado, cheese, and/or sour cream—the world is your oyster!).

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.
Want a wine to go with your recipe? Check out J.T.'s wine blog,
The Wine Vixen, at TheWineVixen.com.

