

Barb's Turkey & Black Bean Chili

1 Tablespoon olive oil
½ yellow onion, diced (about 1 cup)
1 teaspoon minced garlic (about 2 cloves)
1 - 1½ lbs. ground turkey
salt to taste
1 Tablespoon chili powder
1 can (15 oz) diced tomatoes with chilies
1 can (6 oz) tomato paste
1 can (15 oz) corn kernels, drained
(or about 1 cup if you prefer to use frozen corn)
1 can (15 oz) black beans, drained and rinsed

In a large pot, heat the oil over medium heat until just smoking. Cook the onions until they are tender, about 5 minutes. Add the garlic, stir, and cook for about 2 more minutes. (While this is cooking, I usually "salt the turkey" which just means that I sprinkle a bit of kosher salt on the raw turkey. You can use table salt, sea salt, or no salt, if you like. It's just a matter of what you like to use.)

Add the turkey and chili powder to the meat, and brown the turkey until it is mostly cooked through (a bit more than 5 minutes, for me), stirring regularly to heat all sides of the meat. Add the diced tomatoes, tomato paste, corn, and black beans, and bring it to a simmer. Simmer for at least 15 minutes, stirring occasionally. (I like to simmer longer, if time allows, as the flavors cook together and the meat becomes even more tender.)

And that's it! How easy is that? My husband likes to mix the chili with rice, and some of my friends put grated cheese on it. If I have guests I'll serve it with salad and crusty bread, but if it's just us we often just have chili for dinner and maybe fruit for dessert.

One more thing: this recipe freezes beautifully. I usually spoon it into the muffin tin and freeze overnight. Once the chili is frozen, I pop it out of the tin and put the muffin-size chunks into a freezer bag. That way it's easy to pull out just as much as I need.

Enjoy!

This is a great weeknight meal. It only takes about 30 minutes, beginning to end, and it is consistently delicious. With the exception of the turkey and the onions, all the ingredients are shelf-stable so you can just keep them in the pantry. And it freezes beautifully, too. Enjoy!

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