

Green Turkey Chili

Yield: 4 servings

Ingredients

2 tablespoons	Canola oil
1 lb	Ground turkey, 93% lean
1 each	Yellow onion, large, diced
4 each	Garlic cloves, minced
2 each	Zucchini, medium, diced
2 each	Poblano chilis, stemmed, seeded, and diced
½ teaspoon	Dried oregano
4 teaspoons	Ground cumin
1 teaspoon	Ground coriander
½ teaspoon	Black pepper
1 teaspoon	Kosher salt
1 can	White hominy, 15 oz, drained and rinsed
1 can	Navy beans (or other white bean), 15.5 oz, drained and rinsed
4 cups	Chicken broth, low-sodium
¼ bunch	Cilantro, chopped
1 each	Lime, cut in wedges

Equipment

- Stock pot
- Measuring Spoons
- Measuring Cups
- Wooden Spoon or Rubber Spatula
- Chef's Knife
- Cutting Board
- Gloves (for handling turkey)

Green Turkey Chili, cont.

Method

1. Heat oil in a large stock pot over medium-high heat.
2. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
3. Add zucchini and poblanos and cook, stirring occasionally, until they soften, 5 to 7 minutes.
4. Add oregano, cumin, coriander, pepper and salt and cook, stirring, until aromatic, about 30 seconds.
5. Stir in hominy, navy beans, and then pour in broth.
6. Bring to a boil and reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened, about 15-20 minutes.
7. Season with salt and pepper to taste and garnish with chopped cilantro.

Helpful Tips

- Store cooked chili in an airtight container in the refrigerator for up to 3-4 days and in the freezer for up to 3 months.
- Substitute 1 fresh garlic clove for each $\frac{1}{4}$ teaspoon of garlic powder.
- You can make this vegetarian by excluding the turkey and substituting water for the broth. You can add additional beans like lentils.



Scan this QR code to watch a
video on sautéing vegetables

SESSION 3 Recipes

Coleslaw with Chili Lime Dressing

Yield: 4-6 servings

Serving size: 1 cup

Ingredients

Slaw:

½ head	Purple cabbage, thinly sliced
10oz	Carrots, shredded
1 each	Red bell pepper, thinly sliced
1 bunch	Fresh cilantro leaves
4 stalks	Scallions, thinly sliced
½ cup	Pepitas (pumpkin seeds)
¼ cup	Queso fresco

Chili Lime Dressing:

¼ cup	Olive oil
2 teaspoons	Lime zest
2 tablespoons	Lime juice
2 teaspoons	Honey
1 each	Garlic clove, minced
½ teaspoon	Chili powder
½ teaspoon	Ground cumin
½ teaspoon	Kosher salt

Equipment

- Small Pan
- Small Bowl
- Large Serving Bowl
- Measuring Spoons
- Measuring Cups
- Chef's Knife
- Cutting Board
- Fork
- Wooden Spoon



Scan this QR code to watch a
video on dressings

Coleslaw with Chili Lime Dressing, cont.

Method

1. Place the pepitas in a small pan over medium-low heat. Cook, stirring frequently, until the pepitas smell fragrant and start to brown, about 5 minutes.
2. In a small bowl, combine the garlic, lime juice, lime zest, honey, chili powder, salt, and black pepper. Use a fork to whisk in the oil. Set aside.
3. In a large serving bowl, combine the cabbage, carrots, bell pepper, scallions, and 1/2 of the cilantro. Add the vinaigrette and toss well. Add the remaining cilantro, cheese, and half of the toasted pepitas, and toss to combine. Serve topped with the remaining pepitas.

Helpful Tips

- Omit tossing the slaw with the dressing for better storage. Store the dressing and slaw separately to avoid quick spoilage and soggy vegetables.
- Substitute 1 fresh garlic clove for each ¼ teaspoon of garlic powder

