
EASY TURKEY CHILI WITH KALE

Ingredients

1 tablespoon olive oil
1-1 1/2 pounds 93% lean ground turkey
2 teaspoons salt
1 teaspoon pepper
1 medium yellow onion, diced
3 cloves garlic, minced
2 tablespoons tomato paste
1 tablespoons brown sugar, plus more to taste
1 tablespoon chili powder
1 tablespoon cumin
2 teaspoons dried oregano
1 (28-ounce) can diced tomatoes
2 cups chicken broth, plus more to taste
1/2 bunch (4-5 ounces) Dino or Tuscan kale, stems removed and leaves chopped into ribbons
1 (15-ounce) can black beans, drained and rinsed
1 cup frozen corn kernels



Directions

Heat a splash of olive oil in a large stock pot or Dutch oven over medium high heat. Add the turkey, season with some of the salt and pepper. Cook, breaking the turkey apart into crumbles with a wooden spoon, until cooked through, 6 to 8 minutes. Remove meat with a slotted spoon and set aside.

If you have some fat left in the pan, drain off all but 1 tablespoon; if you don't have any fat left, add a tablespoon of olive oil. Reduce the heat to medium. Add the onions, season with some of the salt and pepper, and cook until the onions are softened, about 5 minutes. Add the garlic and stir until fragrant, about 30 seconds.

Add the tomato paste, sugar, chili powder, cumin, oregano, and remaining salt and pepper to the onions and garlic. Cook for about a minute, stirring to combine the paste with the spices. Add the diced tomatoes and stir, scraping up any brown bits from the bottom of the pot.

Add the meat and 2 cups of chicken broth to the pot. Raise the heat to medium-high and bring the mixture to a simmer. Once simmering, lower the heat to medium-low and cook for 20 minutes.

Add the kale, beans, and corn and continue cooking until the kale has softened and tastes tender, but is still bright green, about 10 more minutes. Taste the chili — add more broth for a soupier chili and add more sugar or spices to taste.

Source: The Kitchn

<http://www.thekitchn.com/recipe-easy-turkey-chili-with-kale-recipes-from-the-kitchn-75630>