



TurkeyLentil Chili

Savannah · 30/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

12

Description

This turkey chili with lentils recipe is great Its so filling you hardly notice that its good for you

Ingredients

- - 2 cups dry lentils - 2 quarts vegetable broth - 2 tablespoons extra-virgin olive oil - 1 pound turkey sausage - 1 large onion
- chopped - 2 stalks celery
- chopped - 4 cloves garlic
- minced - 2 tomatoes - peeled
- seeded
- and chopped - 1 teaspoon ground turmeric - 1 teaspoon ground cumin - $\frac{1}{2}$ teaspoon dried thyme leaves - 1 pinch crushed red pepper flakes - sea salt to taste - 1 (8 ounce) container plain lowfat yogurt - $\frac{1}{4}$ cup chopped fresh parsley for garnish

Instructions

1. Bring lentils and vegetable broth to a boil in a large pot over high heat. Reduce the heat to medium and simmer for 10 minutes. Meanwhile
2. heat olive oil in a large skillet over medium-high heat. Add sausage
3. onion
4. celery
5. and garlic; cook and stir until sausage is crumbly and no longer pink
6. about 10 minutes. Stir in tomatoes
7. turmeric
8. cumin
9. thyme
10. and red pepper flakes; cook for 5 more minutes. Stir sausage mixture into simmering lentils. Continue to simmer until lentils are tender
11. 20 to 30 minutes. Season to taste with salt. Garnish each serving with a dollop of yogurt and a sprinkle of chopped parsley.