

Firehouse Station 2 Healthy Chili

Savannah · 30/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

15

Description

This is a great healthy and easy to make chili made famous at Firehouse Station No 2 in Madison Wisconsin. Serve with corn bread johnnycakes.

Ingredients

- 2 ½ pounds lean ground turkey - 1 pound bulk hot Italian sausage - 2 green bell peppers
- diced - 2 red bell peppers
- diced - 4 (15 ounce) cans diced tomatoes - 2 (15 ounce) cans chili beans - 2 (15 ounce) cans red beans in chili sauce - 1 (15 ounce) can yellow and white corn
- drained - 1 (15 ounce) can black beans - 2 (4 ounce) cans chopped green chile peppers - ½ cup barbeque sauce - ¼ cup ground cumin
- or to taste - ¼ cup chili powder
- or to taste - 1 tablespoon chopped fresh parsley - 1 tablespoon red pepper flakes

Instructions

1. Brown turkey and Italian sausage in a large skillet over medium heat
2. cooking and stirring until meat is crumbly and no longer pink
3. about 10 minutes. Add green and red bell peppers to meat; cook and stir until peppers are soft and excess liquid has evaporated
4. about 10 more minutes. Mix diced tomatoes
5. chili beans
6. red beans in chili sauce
7. yellow and white corn
8. black beans
9. chopped green chiles
10. barbeque sauce
11. cumin
12. chili powder
13. parsley
14. and red pepper flakes in a large soup pot. Place over medium heat
15. bring to a boil
16. and reduce heat to low. Simmer chili for 20 minutes. Stir turkey mixture into chili and simmer 15 more minutes to blend flavors.