



Quinoa Bean and Ground Turkey Chili

Savannah · 30/09/2024



Prep Time

1 hr 6 mins

Difficult

Medium

Servings

8

Description

Ground turkey chili with quinoa is great for chili dogs nachos or just in a bowl

Ingredients

- - 1 tablespoon ghee - 1 pound ground turkey - 1 large onion
- chopped - 5 cloves garlic
- minced - $\frac{1}{4}$ teaspoon ground black pepper - 1 (15 ounce) can diced tomatoes - 1 (6 ounce) can tomato paste - 2 stalks celery
- chopped - 2 tablespoons chili powder
- or more to taste - 1 tablespoon Worcestershire sauce - 1 tablespoon ground cumin - 1 teaspoon dried oregano - ? teaspoon garlic powder - ? teaspoon onion powder - Himalayan pink salt to taste - 4 cups vegetable broth - 1 (15 ounce) can black beans
- drained and rinsed - 1 (15 ounce) can kidney beans
- drained and rinsed - 1 cup tri-colored quinoa

Instructions

1. Heat ghee in a Dutch oven over medium heat. Add turkey
2. onion
3. garlic
4. and black pepper. Cook and stir until turkey is browned
5. about 6 minutes. Drain and discard fat. Stir tomatoes
6. tomato paste
7. celery
8. chili powder
9. Worcestershire sauce
10. cumin
11. oregano
12. garlic powder
13. onion powder
14. and salt into the turkey mixture. Add broth
15. black beans
16. and kidney beans; stir to combine. Add quinoa; bring to a boil. Reduce heat to low and simmer until quinoa is tender
17. about 40 minutes. Cook's Note: You can substitute grass-fed beef for the ground turkey.