














Cal Smart Turkey Chili

with Lime Crema

Calorie Smart 30 Minutes



-  Ground Turkey
-  Mexican Seasoning
-  Lime
-  Sour Cream
-  Black Beans
-  Mirepoix
-  Garlic, cloves
-  Sweet Bell Pepper
-  Green Onion
-  Crushed Tomatoes
-  Cheddar Cheese, shredded

HELLO GROUND TURKEY

Using this delicious protein is a great way to lower saturated fats in a dinner!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, zester, small bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Mexican Seasoning	2 tbsp	4 tbsp
Lime	1	2
Sour Cream	3 tbsp	6 tbsp
Black Beans	370 ml	740 ml
Mirepoix	113 g	227 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Green Onion	1	2
Crushed Tomatoes	370 ml	796 ml
Cheddar Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Drain and rinse **black beans**.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **lime**.
- Thinly slice **green onion**.
- Peel, then mince or grate **garlic**.



Make lime crema

- Meanwhile, add **lime zest** and **sour cream** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



Cook turkey

- Heat a large pot over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **turkey, garlic** and **mirepoix**. Season with **Mexican Seasoning, salt** and **pepper**.
- Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**



Finish and serve

- Divide **chili** between bowls. Dollop with **lime crema**, then sprinkle **cheese** and **green onions** over top.

Dinner Solved!



Cook chili

- Add **peppers, black beans, lime juice, crushed tomatoes** and **½ cup water** (dbl for 4 ppl) to the pot. Season with **salt** and **pepper**, then stir to combine. Bring to a boil.
- Once boiling, reduce heat to medium-low. Cover and cook, stirring occasionally, until **chili** thickens slightly, 12-14 min.